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CATALOGUE'88

ADDICTION
RESEARCH
FOUNDATION



Addiction Research Foundation

The Alcoholism and Drug Addiction Research Foundation (ARF) is an agency of the Province of Ontario that operates specialized research, educational, clinical, and community-service-development programs throughout the province.

The Catalogue

This catalogue is prepared and published by Marketing Services at ARF to indicate the diverse range of literature and audio-visual material related to alcohol and other drugs that is produced by the Addiction Research Foundation.

How To Use the Catalogue

Letters are used throughout the catalogue and in the Index to indicate the form or type of the material:

ARF	Addiction Research Foundation Book
AUD	Audiotape
B	Bibliography
BS	Bookstore Item
G	Guide or Manual
J	Journal-related Publication
P	Pamphlet
PN	Poster and Novelty
PP	Proceedings Publication
R	Report or Review
VID	Videotape
WP	Working Paper

All items in this catalogue are priced in Canadian funds. We ask that non-Canadian customers remit in this currency. If this is not possible, U.S. funds are acceptable.

We trust that this catalogue will prove to be a useful resource for you, our customers. Any questions or requests for additional copies should be addressed to:

Addiction Research Foundation
Sales and Promotion Dept. CAT 88
33 Russell Street
Toronto, Canada M5S 2S1

or telephone collect:
(416) 595-6059.

Languages Other Than English

In order to better serve the diverse cultural mosaic that is today's Ontario, the Addiction Research Foundation has been developing many of its popular education materials in languages other than English.

There follows a section describing both the products available and the ordering procedure.



See pages A1 to A8 in the centre of this catalogue for

- New video and treatment products from ARF
- Popular items obtainable from our Bookstore

Other new products are flagged throughout the catalogue

CA 20N
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- E25



Addiction Research
Foundation

education materials catalogue

CA 20N
H 85

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pamphlets

P

P

The Fact Sheet Series

Each Fact Sheet sets out in a clear and concise manner the appearance, history, and short- and long-term effects of use in an unbiased and non-judgmental way. Updated regularly, they are an excellent resource for both the student and the medical professional — indeed for anyone with the need to know the facts!

Note to our U.S. Customers:

A U.S. version of the fact sheet series has been prepared, in which the Canada-specific material has been edited out and recent U.S. statistics added. Order them in quantity with your own imprint.

	English	French	Italian	Portuguese	
Alcohol	P251	P301	P200	P225	\$0.05
Amphetamines	P252	P302	—	—	\$0.05
Barbiturates	P253	P303	—	—	\$0.05
Cannabis	P254	P304	P201	P226	\$0.05
Hallucinogens	P255	P305	—	—	\$0.10
LSD	P256	P306	—	—	\$0.05
Opiates	P257	P307	—	—	\$0.05
PCP	P258	P308	—	—	\$0.05
Inhalants	P259	P309	—	—	\$0.05
Tobacco	P260	P310	—	—	\$0.05
Tranquillizers	P261	P311	—	—	\$0.05
Cocaine	P262	P312	—	—	\$0.05
Caffeine	P263	P313	—	—	\$0.05

Don't forget our discount policy on bulk orders:

20% for 500-999 copies (each title)

30% for 1000 or more copies (each title)

30% for imprints — minimum order of 10000 copies (per title)

FACTS ABOUT

Amphetamines

Revised June 1985

Amphetamines and amphetamine-related drugs are central nervous system stimulants with actions resembling those of adrenaline, a substance naturally occurring in the body. The best-known members of this group in Canada are amphetamine itself (e.g., Benzadrine®), dextroamphetamine (e.g., Dexedrine®), methamphetamine (e.g., Methedrine, no longer marketed in Canada), and methylphenidate (e.g., Ritalin®). For information on amphetamine-related stimulants such as MDA, PMA, TMA, STP, and numex, see *Facts about Hallucinogens*.

Under the slang name "uppers," amphetamines have been widely used for their mood-altering effects. "Speed" refers to injectable methamphetamine. People have used these drugs for a variety of non-medical reasons: to avoid sleep while studying or driving, to attempt to improve athletic performance, to counter the effects of depressant drugs, and to experience the euphoric effects.

APPEARANCE

Amphetamines usually appear as yellowish crystals and may be mixed with other materials such as non-drug fillers. They may be taken by mouth in tablet or capsule form, sniffed, or injected. Chronic high-dose use of amphetamines by injection has become a serious social, medical, and legal problem in several countries.

EFFECTS

The effects of any drug depend on the amount taken at one time, the past drug experience of the user, the circumstances in which the drug is taken (the place, the feelings and activities of the user, the presence of other people, the

* Capitalized names are registered trademarks

ADDICTION RESEARCH FOUNDATION OF ONTARIO

FACTS ABOUT

LSD

Revised June 1985

LSD (Lysergic acid diethylamide) is a semi-synthetic drug produced from ergot, a fungus that grows on rye. LSD is a powerful hallucinogen that can cause profound changes in perception, thought, and emotion. It is often referred to as "acid" or "blotter paper" because it is commonly taken in the form of small, colored squares of paper.

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ADDICTION RESEARCH FOUNDATION OF ONTARIO

FACTS ABOUT

Caffeine

Revised June 1985

Caffeine is the world's most widely used drug. The active ingredient in coffee, tea, and many soft drinks, it is a central nervous system stimulant. It is often referred to as "the bean" because it is derived from the seeds of the coffee plant.

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ADDICTION RESEARCH FOUNDATION OF ONTARIO

FACTS ABOUT

Alcohol

Revised June 1985

Alcohol is a depressant drug that can cause a wide range of effects on the body and mind. It is often referred to as "the drink" because it is commonly consumed in the form of beverages.

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ADDICTION RESEARCH FOUNDATION OF ONTARIO

FACTS ABOUT

Inhalants

(GASES AND AEROSOLS)

Revised June 1985

Inhalants are drugs that are breathed in through the nose or mouth. They are often referred to as "sniffers" or "puffers" because they are commonly taken in the form of gases or aerosols.

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ADDICTION RESEARCH FOUNDATION OF ONTARIO

FACTS ABOUT

Cannabis

(MARIJUANA, HASHISH, ETC.)

Revised June 1985

Cannabis is a drug that is derived from the hemp plant. It is often referred to as "marijuana" or "pot" because it is commonly consumed in the form of dried leaves and flowers.

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ADDICTION RESEARCH FOUNDATION OF ONTARIO

FACTS ABOUT

Hallucinogens

Revised June 1985

Hallucinogens are drugs that can cause profound changes in perception, thought, and emotion. They are often referred to as "trips" or "psychedelics" because they can cause a sense of altered reality.

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ADDICTION RESEARCH FOUNDATION OF ONTARIO

P

Facts About Drugs

P250 (55 pp.) \$1.75

The complete Fact Sheet Series bound into a handy booklet format.

See also under languages other than English.

P

Marijuana: Answers for Young People and Parents

P138 (32 pp.) \$0.75

'Is cannabis addictive?' 'What is a cannabis "high" like?' These are just a couple of questions asked by both parents and young people about this very popular drug. In response, ARF has carefully reviewed research findings and produced this straightforward pamphlet with answers to thirteen of the most commonly asked questions. Also included is a short 'Test Your Knowledge' quiz, together with a brief introduction as to where society is with cannabis today.

See also under languages other than English.

P

Can I Take This if I'm Pregnant?

P126 (8 pp.) \$0.30

Pregnant women, aware that drugs can affect their unborn children, are concerned about the safety of over-the-counter remedies, and of social drugs such as alcohol. Can these drugs cause damage to the developing fetus? This guide to the use of social and non-prescription drugs during pregnancy can help expectant mothers make

informed choices. The pamphlet is an excellent information item for prenatal classes, clinics, women's centres, and the doctor's office.

See also under languages other than English.

P PN

Problem Drinking Warning Signs

P376 (ca 46 cm × 66 cm / 18 in. × 26 in.) \$0.40

This is an attractive, informative brochure that, when folded, will fit into a pocket, purse, or pay-cheque envelope (ca 9.5 cm × 23 cm/3.75 in. × 9 in.). It opens to become a poster suitable for walls or notice boards. Twelve standard warning signs are amusingly illustrated, and the brief copy gives advice on how to get more information or help.

See also under languages other than English.

P PN

Coffee, Tea, & Me, and . . .

P123 \$0.55

This is an excellent resource for health professionals, educators, and the general public. Here, in a concise, readable format, is information on all aspects of drugs and their use. This poster-pamphlet outlines the history of various drugs, the medical and non-medical aspects of drug use, the effects of drugs and how these effects are produced, and a discussion of factors contributing to drug dependence. The full-color wall chart is an ideal display item, and provides a detailed summary of known facts regarding a variety of chemical substances.

See also under languages other than English.



P**Myths About Drinking and Driving****P106** (24 pp.) \$0.75

Humorous — but to the point — this booklet presents ten basic and widespread misconceptions about alcohol, and the ways in which it can affect one's ability to operate a motor vehicle. These misconceptions — or myths — are presented in the form of statements that reflect the attitudes that many people hold concerning alcohol — attitudes that are frequently based on inaccurate information. The purpose of this pamphlet is to debunk these myths, not only by explaining how alcohol can impair abilities, but also by encouraging examination of attitudes and values associated with drinking and driving.

See also under languages other than English.

P**Tar and Nicotine Ratings May Be Hazardous to Your Health: Information for Smokers Who Are Not Ready To Stop****P139** (7 pp.) \$0.25

This pamphlet answers questions about low-yield cigarettes and their tar and nicotine ratings. Practical advice is given for those smokers who are not yet ready to quit. Such smokers turn to low-yield cigarettes hoping to cut down on tar, nicotine, and carbon monoxide. The ratings, however, can be misleading. Exposure to dangerous products is caused more by the way that one smokes than by the brand selected. Ultra-low-tar and low-nicotine cigarettes are not necessarily less hazardous.

P**Alcohol — Do You Know Enough About It?****P102** (16 pp.) \$0.40

This simple but informative pamphlet contains facts on the wide range of effects that alcohol has on the body as well as information on how drinking behavior can affect the individual, family, and society. Amusing drawings accompany the text, each illustration cleverly calling attention to the main points of information. The pamphlet is ideal for general distribution.

See also under languages other than English.

P**Marijuana: Did You Know?****P131** (1p.) \$0.30

Thirty-five true/false questions on the adverse health effects of cannabis use are given in this pamphlet.

P**Alcohol Knowledge Survey****P112** (6 pp.) \$0.30

Questions and correct, detailed answers clarify popular misconceptions about alcohol. This is a useful self-teaching device or discussion starter.

See also under languages other than English.

P**My Kid on Drugs?****P125** (4 pp.) \$0.20

Fear, hurt, and anger often accompany a parent's discovery that his or her child is using drugs. The pamphlet is designed to assist parents by suggesting approaches to the situation.

See also under languages other than English.

P**Know the Score****P122** (4 pp.) \$0.35

When does drinking become hazardous drinking? This colorful little pamphlet presents a quick, simple introduction to the facts about alcohol use in a succinct and informative way.

See also under languages other than English.

P**Drug Knowledge Survey****P113** (6 pp.) \$0.30

Popular misconceptions are demolished in this bright question-and-answer survey, which can be used as a discussion starter or self-teaching device. Detailed explanations of the answers are included.

See also under languages other than English.

P**Butt It Out — A Comic Book****P141** (14 pp.) \$1.00

A quality, full-color comic book about the hazards of smoking, for children aged six to nine.

P

Score on Cannabis — A Photo Story

P140 (30 pp.) \$0.75

This is the 'fotoroman' version of the popular video 'Score on Cannabis'. Over one hundred stills tell the story. Points for discussion are suggested.

P

Me & My Friends & Our Booze — A Photo Story

P142 (28 pp.) \$0.75

This is the 'fotoroman' version of the popular video 'Me & My Friends & Our Booze'. Over one hundred stills tell the story. Points for discussion are suggested.

P

Fetal Alcohol Syndrome — The Preventable Birth Defect

P152 (4 pp.) \$0.15

A useful fold-out pamphlet that answers eight commonly asked questions about alcohol use during pregnancy. Also included is the inspiring 'One Woman's Story' — the story of a mother who believes that her drinking may have damaged her children.

P

Relax

P379 \$0.30

A payroll stuffer to fit a ca 9 cm × 21.5 cm/3.5 in. × 8.5 in. envelope. The pamphlet suggests alternative ways of relaxing that you may not have thought of.

Me and My Friends and Our Booze

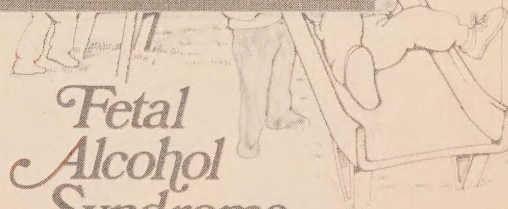
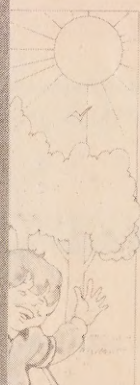
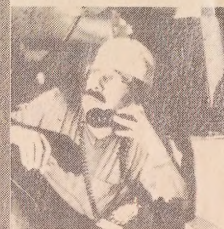


"But Everybody Knows..."

MYTHS ABOUT DRINKING AND DRIVING

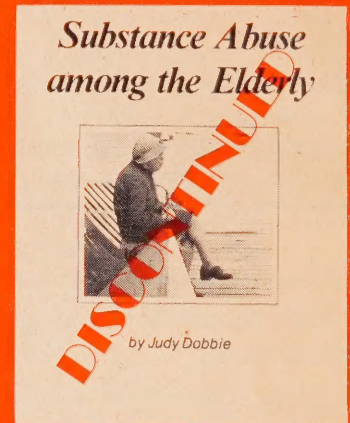
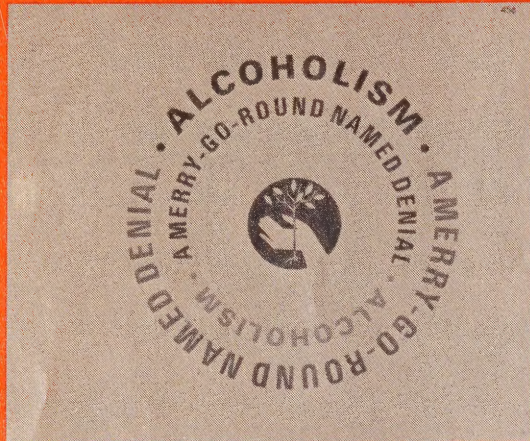


ADDICTION RESEARCH FOUNDATION OF ONTARIO
25 Dundas Street, Toronto, Ontario M5G 1X4



Fetal Alcohol Syndrome

The Preventable Birth Defect



OTHER TITLES STILL AVAILABLE

P

Antabuse and Temposil

P115 (4 pp.) \$0.20

See also under languages other than English.

P

Alcoholism and the Family

P121 (12 pp.) \$0.45

P

Alcoholism: A Merry-Go-Round Named Denial

P120 (12 pp.) \$0.45

P

Women & Prescription Drugs

P133 (4 pp.) \$0.25

See also under languages other than English.

bibliographies

B

— ISSN 0065-1885

B

Alcohol Use & World Cultures

— compiled by D.B. Heath &
A.M. Cooper
— pub. 1980
— ISBN 0-88868-0457

P465 (248 pp.) \$11.00

This bibliography contains full citations of most of the material that deals with alcohol from a socio-cultural perspective; it provides an easier, more comprehensive access to these diverse and widely scattered materials. Coverage is intentionally broad, and ranges from prehistory to mid-1978. This volume contains complete citations of 1349 works, a complete author index, and a subject index.

B

Studies of Drinking in Public Places — An Annotated Bibliography

— compiled by H.R. Fisher
— pub. 1985
— ISBN 0-88868-106-2

P468 (85 pp.) \$15.00

The literature on drinking establishments is not large, but it is diverse. This book contains an international collection comprising journal articles, historical and research studies, review articles, and theoretical papers written between 1897 and 1984. They cover drinking establishments, their patrons, situational differences in drinking behavior, and problems associated with drinking. Key-word and subject indexes are provided.

B

Cocaine — A Selection of Annotated Papers from 1880 to 1984 Concerning Health Effects

— compiled by L. Anglin
— pub. 1985
— ISBN 0-88868-114-3

P469 (223 pp.) \$20.00

This book includes annotated citations of English, French, and German papers dealing with the health effects and recreational use of cocaine. Entries were chosen on the basis of interest to and readability by the target audience: health and addiction workers, counsellors, parents, students, and teachers. A selected list of books, a glossary of medical terms, and author and subject indexes are included.

B

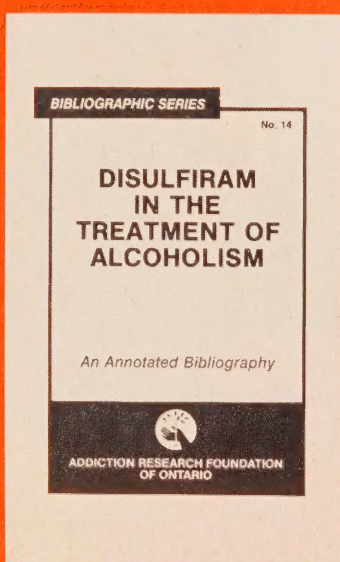
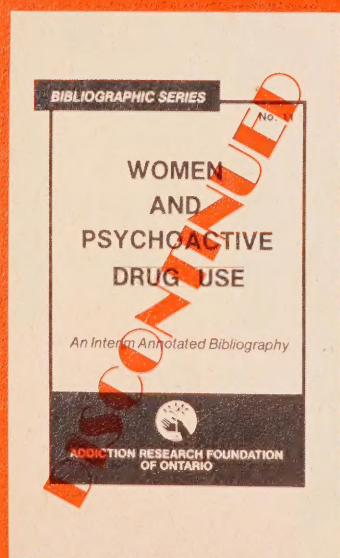
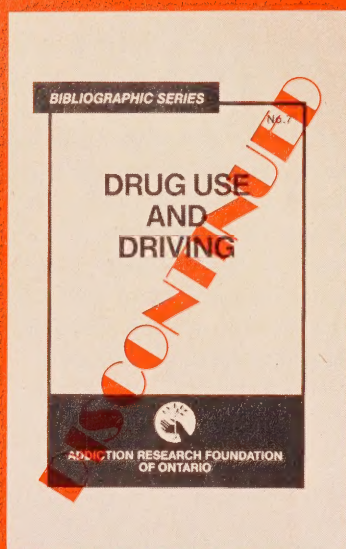
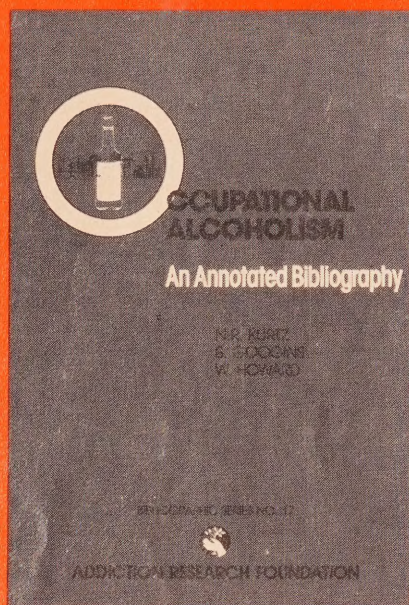
Cannabis: Health Risks — A Comprehensive Annotated Bibliography (1844-1982)

— compiled by O.J. Kalant,
K.O. Fehr, D. Arras, & L. Anglin
— pub. 1983
— ISBN 0-88868-081-3

P466 (1100 pp.) \$40.00

This comprehensive, authoritative bibliography contains annotations for 1719 papers (by 1891 authors) selected from over 7000 titles in ARF archives. The editors have summarized all the relevant literature for workers in this field. Non-judgmental and with non-evaluative abstracts, this work allows the users to draw their own conclusions. It includes a list of the key words, a list of abbreviations, and a selected list of 57 book-length works on cannabis.





B

Occupational Alcoholism — An Annotated Bibliography

- compiled by N.R. Kurtz, B. Googins, & W. Howard
- pub. 1984
- ISBN 0-88868-101-1

P467 (218 pp.) \$15.00

There are 476 citations on occupational alcoholism that will provide researchers with access to a body of literature on this subject and its recent derivation — employee assistance programs. The material is organized under 20 subject headings. Author and category indexes are included.

OTHER TITLES STILL AVAILABLE

B

Amphetamines and Related Drugs: Clinical Toxicity and Dependence

— compiled by O.J. Kalant & H. Kalant
— pub. 1974

P452 (212 pp.) \$6.00

B

The Benzodiazepines — Patterns of Use: An Annotated Bibliography

— compiled by C.E. Weise & S.F. Price
— pub. 1975
— ISBN 0-88868-012-0

P458 (216 pp.) \$7.75

B

Interaction of Alcohol and Other Drugs

— compiled by E. Polacsek, T. Barnes, N. Turner, R. Hall, & C.E. Weise
— pub. 1972
— ISBN 0-88868-067-8

P450 (561 pp.) \$19.00

B

Non-Alcoholic Drugs & Personality: A Selected Annotated Bibliography

— compiled by C.W. Mercer
— pub. 1972
— ISBN 0-88868-015-5

P454 (77 pp.) \$4.50

B

Therapeutic Communities for the Management of Addictions

— compiled by B.G. Frankel, R.C. Brook, & P.C. Whitehead with the assistance of L.L. Adamtau & C.M. Chamberlain
— pub. 1976
— ISBN 0-88868-021-X

P462 (204 pp.) \$7.75

B

Disulfiram in the Treatment of Alcoholism

— compiled by C.E. Weise, S. Busse, & C.T. Mulloy with the assistance of C.M. Chamberlain & D.R. Tetera
— pub. 1978
— ISBN 0-88868-030-9

P464 (346 pp.) \$9.00

B

The Ethical Pharmaceutical Industry and Some of Its Economic Aspects

— compiled by D. Seigny
— pub. 1977
— ISBN 0-88868-022-8

P463 (535 pp.) \$11.00

B

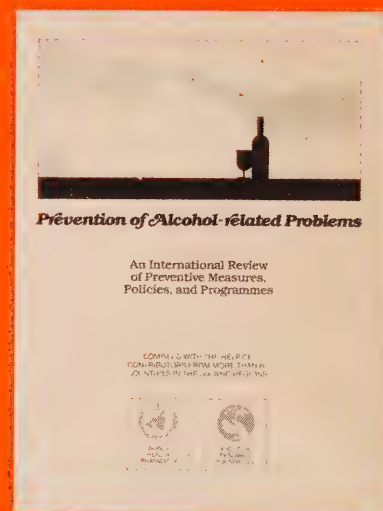
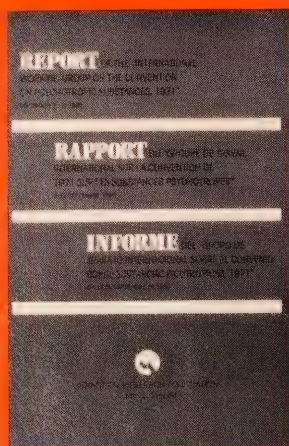
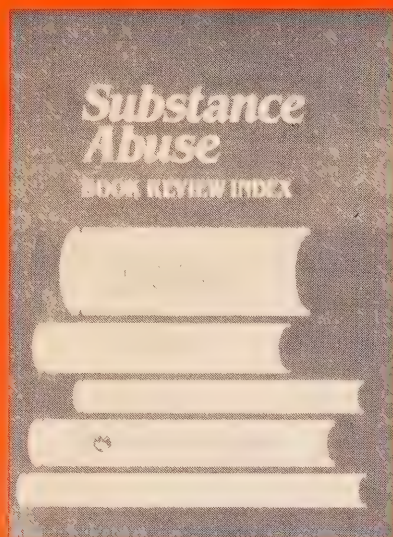
An Interim Guide to the Cannabis Literature

— compiled by O.J. Kalant
— pub. 1968

P453 (39 pp.) \$3.50

reports and reviews

R



R

Substance Abuse Book Review Index Series

— by J. Bemko

The author of this popular series scans more than 250 scientific journals for reviews of books relating to substance abuse. The 1984 volume contains new citations for 217 titles together with an author index, subject index, title index, and a list of the journals searched.

1. Substance Abuse Book Review Index 1984

— ISBN 0-88868-112-7

P6534 (66 pp.) \$8.00

2. Substance Abuse Book Review Index 1983

— ISBN 0-88868-098-8

P6533 (55 pp.) \$6.95

R

Report of the 'International Working Group on the Convention on Psychotropic Substances, 1971', September 8-12, 1980

— pub. 1981

— ISBN 0-88868-056-2

P654 (75 pp.) \$4.50

Although 113 countries have ratified the 'Single Convention on Narcotic Drugs', only 76 countries have ratified the 'Psychotropic Convention'. ARF, in association with ICAA and WHO, convened a meeting of international experts to examine the issues, problems, and possible solutions. This report is the result of that meeting. The material is presented in English, French, and Spanish.

See also under languages other than English.

R

Prevention of Alcohol Related Problems

— by J. Moser

— pub. 1980

— ISBN 0-88868-038-4

P499 (272 pp.) \$19.50

This is a review that sets out detailed information on the extent and nature of alcohol problems, on the range of preventive possibilities, and on the relevant policies and programs embarked upon in a great many countries.

ARF books

ARF

ARF

The Forgotten Children

— by R.M. Cork
— pub. 1969
— ISBN 0-7737-7000-3

P495 (112 pp.) \$3.50

A classic in the field of children of alcoholics, this extremely popular book concerns 115 children between the ages of 10 and 16 who were interviewed by Margaret Cork, former social worker and head of ARF's youth counselling service. All these children came from the homes of alcoholics, and most of them had shocking stories to tell. Margaret Cork says that these children need help. She believes that they should have it whether or not their parents are willing to accept help for themselves.

ARF

Drugs, Society, and Personal Choice

— by H. Kalant & O.J. Kalant
— pub. 1972
— ISBN 0-7737-7001-1

P497 (160 pp.) \$5.00

Science can determine facts concerning the acute actions of drugs, and the consequences of prolonged and heavy use. It can also estimate the probable extent of these consequences. However, the decisions as to whether these effects or consequences are to be considered good or bad, and how society should react toward them, are not questions of scientific fact but of personal and social values, ethics, and political feasibility. It is up to every citizen to ascertain and evaluate the facts. Then society as a whole is in a position to make informed decisions about the policies it wants its government to adopt. The aim of this book is to put into as sharp a focus as possible questions of fact and matters of value judgment, and how the two interact.

ARF

Drug and Alcohol Law for Canadians (2nd ed.)

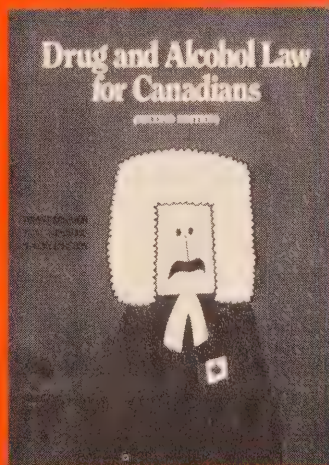
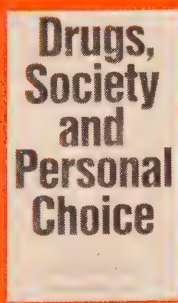
— by R. Solomon, T. Hammond, & S. Langdon
— pub. 1986
— ISBN 0-88868-113-5

P560 (119 pp.) \$15.00

This new handbook provides some basic information about alcohol and drugs vis-à-vis Canadian and Ontario laws, and the legal consequences of their violation. Robert Solomon is Professor of Law at the University of Western Ontario, Tracy Hammond is a candidate in the Faculty of Law at the University of Western Ontario, and Sharyn Langdon is a researcher. Written with a minimum of legal terminology, this handbook is divided into ten chapters, including the following:

- Federal Drug Laws
- Police Powers of Arrest, Search, and Seizure
- Federal Drinking and Driving Laws
- Ontario Drinking and Driving Laws
- Ontario Alcohol Legislation
- Canadian Criminal Procedure
- Canadian Criminal Procedure and Young Offenders
- Criminal and Provincial Records
- Canadian Charter of Rights and Freedoms

An Appendix contains a note on the Canadian tobacco laws, and three tables that clearly illustrate the offences, definitions, and penalties under the *Narcotic Control Act*, the *Food and Drugs Act*, and federal drinking and driving legislation.



ARF**Forbidden Highs: The Nature, Treatment, and Prevention of Illicit Drug Use**

- by R.G. Smart
- pub. 1983
- ISBN 0-88868-078-3

P555 (244 pp.) \$12.95

People need information on the extent of the use of drugs — especially by young people — and on the treatment for drug users, as well as about laws concerning drug use and what to do about drug abuse in their family and in their community. This book summarizes in a non-technical manner the information and research that is available on these topics. It describes the nature of illicit drug use, and what can be done to prevent and control it. There is material on cannabis, heroin and other opiates, stimulants, hallucinogens, cocaine, and solvents. There is an extensive history of drug abuse, and trends in usage are analysed. An important part of this book is concerned with the prevention of drug problems. The concluding section describes how drug abuse will affect society in the near future. Although the book has a clear emphasis on studies and experience in Canada, the world-wide nature of this problem makes all data relevant and topical. Consideration of legal drugs such as alcohol, tranquilizers, and tobacco is not undertaken here as so little of their use is illicit.

ARF**Drugs and Drug Abuse — A Reference Text (Second Edition)**

- revised by M.R. Jacobs and K.O. Fehr
- pub. 1987
- ISBN 0-88868-139-9

P553 (666 pp.) \$29.50

Already a second edition, this essential reference text has proven to be ARF's best seller in recent years. Originally conceived as a reference text for the legal profession, its focus was expanded to meet the obvious needs of a wider audience. Although pharmacology is the main focus of the book, psychology, medicine, chemistry, and epidemiology are among the disciplines that have made significant contributions. Divided into five sections, this book has an introductory chapter 'Understanding Drug Use', which is followed by chapters on the various classes of drugs and the specific drugs that are the most popular in North American society. There follow two sections dealing with drugs of less significance in the overall drug picture, but ones that may be encountered by the professional from time to time. This work will be of interest not only to health-oriented professionals, but also to pharmacists, students, legal professionals, and anyone with an interest in the street- and prescription-drug fields.

For the second edition major drug articles have been updated and new entries added. Glossaries and the trade names list for Canadian and U.S. products have also been updated.

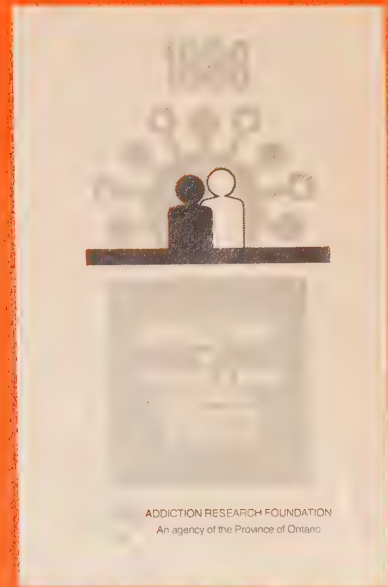
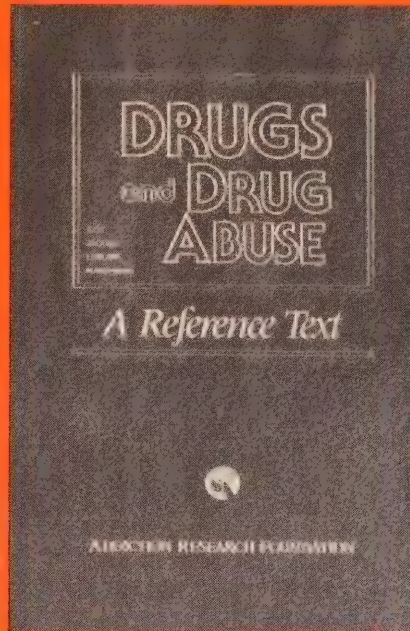
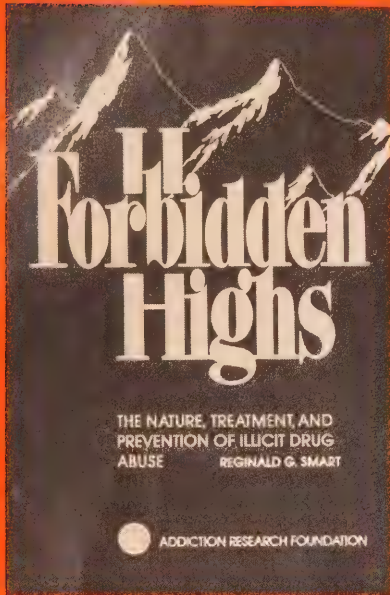
ARF**1988 Directory of Alcohol and Drug Treatment Resources in Ontario**

- ed. by D. Heughan
- pub. 1988
- ISBN 0-88868-161-5

P6470 (489 pp.) \$25.00

This comprehensive directory describes more than 350 agencies which provide services for alcohol and other drug dependent clients in Ontario. Each entry lists full particulars of the facility — number of beds, intake policy, area served, and other pertinent information. This directory is an invaluable resource for family physicians, emergency departments, family counsellors, clergy, or anyone who needs to refer a client, or the family of a client who may have an alcohol/drug problem, for help.





ARF

Report of an ARF/WHO Scientific Meeting on the Adverse Health and Behavioral Consequences of Cannabis Use

— pub. 1981
— ISBN 0-88868-062-7

P655 (72 pp.) \$3.25

National and international discussion of the health and social consequences of cannabis use, and the relevance of these issues to the development of public policy, continues unabated. The last official report of WHO on these issues was published in 1971. Since then, much new scientific information has become available. For these reasons, ARF and WHO undertook a complete and objective reassessment of the health and behavioral consequences of cannabis use.

ARF

Problems Presented by Alcoholic Clients: A Handbook of Counseling Strategies

— by M.R. Jacobs
— pub. 1981
— ISBN 0-88868-050-3

P550 (131 pp.) \$11.00

Based on the experience of counsellors, and originally planned as a handbook for in-service training at ARF, this book will be useful to anyone who deals on an ongoing basis with alcoholic clients. Strategies are presented on how to deal with such issues as denial, lateness for appointments, game playing, refusal to take medication, relapses, and other important issues.

ARF

New Drinkers (2nd ed.)

— by R.G. Smart
— pub. 1980
— ISBN 0-88868-043-0

P543 (169 pp.) \$6.95

The lowering of the legal drinking age that occurred in every province in Canada in the early 1970s caused an upsurge in the abuse of alcohol among teenagers. This book explores the questions most frequently asked about drinking by many young people — questions such as:

‘How many people drink?’

‘Why do they drink?’

‘What is the relationship between the drinking habits of parents and young people?’

‘How many young people have drinking problems?’

NEW

ARF

**Maier's Cocaine Addiction
(Der Kokainismus)**

- by H. Maier
- translated, edited, and a new introduction by O.J. Kalant
- English translation pub. 1987
- ISBN 0-88868-160-7

P562 (320 pp.) Illustrated \$25.00

In the late 1970s cocaine use in North America began attracting the attention of the media and health officials, and serious adverse effects were being reported; it was assumed that very little was known about this "new" drug. Although sound and detailed clinical observations of heavy cocaine use had been published many decades earlier in German, French, and Italian, they have never been available in English. Maier's monograph which, though published in 1926, has been called "still the best book to consult with regard to the history and development of cocaine dependence" and will be of immediate value to researchers and clinicians who are working with this problem.

NEW

ARF

Theories on Alcoholism

- edited by C.D. Chaudron and D.A. Wilkinson
- pub. 1988
- ISBN 0-88868-162-3

PB002 (500 pp.) \$49.50

This is the first book in which the contributors, all specialists in alcohol-related fields, followed specific guidelines on organization and style so that the discussion of the different theoretical positions can be compared by the reader within a consistent framework. The book is divided into 11 chapters organized into three sections: biological theories (including genetic, neurobiological, and neurobehavioral), psychological theories (psychoanalytic, personality, classical conditioning, and social learning), and social theories (systems, availability, anthropological, and economic).

ARF

**Alcohol: Public Education
and Social Policy**

- pub. 1981
- ISBN 0-88868-054-6

PTF01 (234 pp.) \$16.00

In 1981-82, a nine-member Task Force on Public Education and Social Policy was formed to examine information, education, communication, and prevention in the alcohol field. This report presents an historical overview of alcohol problems, a review of the effectiveness of education and information approaches, and a review of the impact of regulatory and control policies regarding alcohol.

NEW

ARF

**Northern Spirits: Drinking in
Canada Then and Now**

- by R.G. Smart and A.G. Ogborne
- pub. 1986
- ISBN 0-88868-129-0

P561 (191 pp.) Illustrated \$16.50

Northern Spirits describes the history of Canadian alcohol use and its consequences from the days of the early settlers through prohibition and up to the present day, examining the various prevention and control measures that have been attempted along the way.

ARF

**Cannabis Criminals:
The Social Effects of
Punishment on Drug Users**

- by P.G. Erickson
- pub. 1981
- ISBN 0-88868-046-5

P549 (175 pp.) \$12.95

How do the costs of criminalizing cannabis users, in terms of their life experience, compare to the beneficial deterrent effects of punishment? This study is the first to actually document the impact of the criminal sanction on cannabis users. The current legal response to cannabis was shown to be a high-cost/low-benefit policy, and one in which the discharge option had minimal success in mitigating adverse individual consequences.

NEW

ARF

Alcohol Use Across the Life Course: A Critical Review of 70 Years of International Longitudinal Research

— by K.M. Fillmore
— pub. 1988
— ISBN 0-88868-163-1

PB001 (130 pp.) \$23.50

This study, which was commissioned by the World Health Organization, is a comprehensive critical appraisal of the world literature on longitudinal studies of drinking patterns and alcohol-related problems. By looking simultaneously across the life course of individuals and across the cultures in which those individuals are living, Dr. Fillmore has been able to highlight social, psychological, and biological factors that could be critical in planning prevention and treatment responses to these problems. Her rigorous attention to detail and her imaginative reconceptualization of the parameters of what longitudinal studies can reveal has resulted in a work of considerable international importance from a public health perspective.

ARF

Directory of Canadian Transportation Safety Professionals, 1984

— compiled & edited by K. DeGenova & C.M. Blake
— pub. 1984
— ISBN 0-88868-099-6

P649 (167 pp.) \$8.00

Who is investigating what and where in the traffic-safety field? In 1983, a questionnaire was distributed to a wide cross-section of Canadians involved in various aspects of the field. The result is this directory. It contains an alphabetical listing of transportation-safety professionals, a brief summary of relevant demographic information, current research activities, research interests, and references to publications. Includes indexes.

ARF

Statistics on Alcohol and Drug Use in Canada and Other Countries

The information in both these volumes is based on data available by September 1984. This year, the book is divided into two volumes in order to provide an expanded overview of the nature, extent, and consequences of the use and abuse of psychotropic substances.

Volume 1: Statistics on Alcohol Use

— pub. 1985
— ISBN 0-88868-104-6
— ISSN 0715-7657

P558 (316 pp.) \$30.00

Volume 2: Statistics on Drug Use

— pub. 1985
— ISBN 0-88868-105-4
— ISSN 0715-7657

P559 (370 pp.) \$30.00

OTHER TITLES STILL AVAILABLE

ARF

The Alcoholism Questionnaire: Administration, Scoring, and Interpretation

— by A.M. Marcus
— ISBN 0-88868-040-6

P650 (18 pp.) \$5.50

ARF

A Comparison of Opinions About Alcoholism in Four Populations

— by A.M. Marcus
— ISBN 0-88868-042-2

P651 (40 pp.) \$5.50

ARF

The Structure of Popular Beliefs About Alcoholism

— by A.M. Marcus
— ISBN 0-88868-041-4

P652 (65 pp.) \$5.50

ARF

A Systems Approach to Alcoholism Treatment

— by F.B. Glaser, S.W. Greenberg, & M. Barrett
— pub. 1978
— ISBN 0-88868-025-2

P546 (303 pp.) \$16.50

guides and manuals

G

Physicians' Handbook — for Medical Management of Alcohol- and Drug-Related Problems

- compiled and edited by P. Devenyi & S.J. Saunders
- pub. 1986
- ISBN 0-88868-115-1

PG019 (75 pp.) \$5.00

Divided into six sections and comprehensively indexed, this handy pocket-sized manual on alcohol and drug problems will prove useful to general-practice physicians and to other health-care professionals. The sections deal with:

- Definitions of Problems and Epidemiology
- Recognition of Problems
- Intoxication and Overdoses
- Withdrawal
- Medical Complications
- Treatment of Substance-Abusing Behavior

G

Training Guidelines and Workbook for Behavioral Management of Intoxicated & Disruptive Clients

- by A.E. Cox
- pub. 1981
- ISBN 0-88868-055-4

PG006 (99 pp.) \$9.00

Based on a successful program developed in ARF Emergency Department and tested in other hospitals, this 'disruptive client' program can help police, ambulance attendants, nursing-home staff, detox personnel, and other front-line workers

to deal with one of the most time-consuming problems. This comprehensive workbook provides instructors with the information on how to plan, conduct, and evaluate a training program as well as providing the text of the course together with steps and exercises for conducting the training sessions. The purpose of this training is to improve staff skills in managing situations involving disruptive clients. The manual is divided into two sections. The first section, 'Training Guidelines', deals with pre-course planning considerations that experience has shown to be effective in conducting this type of training. The second section is the Workbook, which contains both the case material for handout to participants and the 'Suggestions for Instructors' — a lesson plan for presenting the material.

G

Behavioral Management of Intoxicated and Disruptive Patients

- pub. 1978,
- ISBN 0-88868-033-3

PG004 (88 pp.) \$9.00

In this manual, step-by-step techniques for preventing and containing disruptions are provided. They are based on a program — pilot tested in ARF Emergency Department, and further tested in a number of general hospitals — that reduced violent incidents by 80 percent. The manual is complementary to a 20-min video cassette. (See index concerning this cassette.)

G

G

A Therapist's Manual for Secondary Prevention of Alcohol Problems

- by M. Sanchez-Craig
- pub. 1984
- ISBN 0-88868-100-3

PG014 (95 pp.) \$20.00

This manual presents a description of procedures that have been found useful in teaching *early* problem drinkers how to reach and maintain moderate alcohol use or abstinence. The theory underlying the procedures views excessive drinking as a learned behavior rather than a disease or the symptom of some psychopathology, and a behavior that can be modified on the basis of principles of learning. Hence, this manual should be useful to therapists who feel comfortable with these basic ideas. This treatment approach is intended primarily for early-stage problem drinkers rather than chronic alcoholics. Many such persons want help but are reluctant to attend traditional alcoholism programs, and see themselves as being competent and able to take control of their lives. This manual has been divided into three main sections. In the first, criteria and procedures for screening appropriate clients are outlined. The second section provides a detailed description of the treatment procedures. The third section contains a summary of the theoretical background of the program, the empirical findings to date, and the issue surrounding the controlled-drinking controversy.

G

Alcohol Dependence Scale (ADS)

- by H.A. Skinner & J.L. Horn
- pub. 1984
- ISBN 0-88868-091-0

PG010 (38 pp.) \$14.25

PG011 Specimen Set (includes 25 Questionnaires + 1 User's Guide) \$15.00

P143 Package of 25 Questionnaires (single copies not available) \$6.25

This is a *new* tool for measuring alcohol-dependency symptoms based on WHO theoretical concept of a core alcohol-dependence syndrome. The twenty-five-item ADS questionnaire can be quickly administered and hand scored. A forty-page User's Guide contains normative data from various outpatient and inpatient samples. This reliable and valid clinical tool can be used to determine drinking goals and the extent of necessary treatment.

G

Booze

- by J.R. Sallows
- pub. 1983
- ISBN 0-88868-085-6

PG012 (71 pp.) (Director's Copy) \$7.50

PG013 Package (1 Director's Copy + 10 Individual Scripts) \$20.00

P145 Individual Script only \$2.50

- pub. 1983
- ISBN 0-88868-086-4

This is a *new* approach to alcohol education for secondary-school students. Sallows has written a 60-min play consisting of six separate vignettes, each able to stand alone or as part of the whole play. Minimal props and make-up are required. The characters are all contemporary and speak in contemporary argot, thereby making the production especially suitable for amateur school players. The production toured three times, and evaluation has indicated that students enjoy the products — at the same time becoming more aware and critical of alcohol

abuse. The author has provided a comprehensive set of notes for the novice director with hints on casting, lighting, rehearsals, etc.

OTHER TITLES STILL AVAILABLE

G

Alcohol Education Teacher's Guide — Ten Lesson Plans for Grades 9 & 10

- pub. 1978
- ISBN 0-88868-029-5

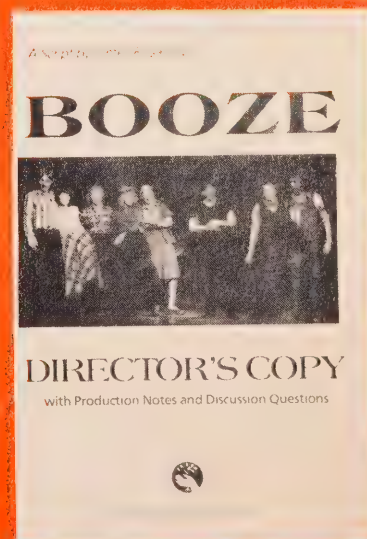
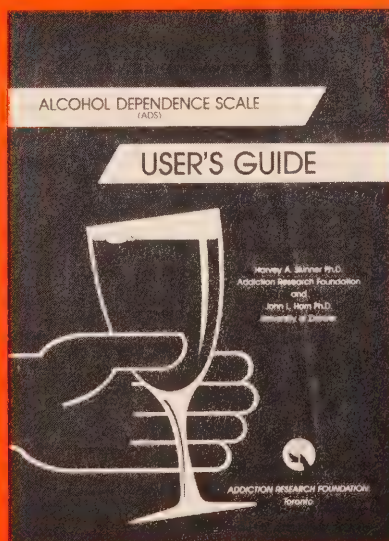
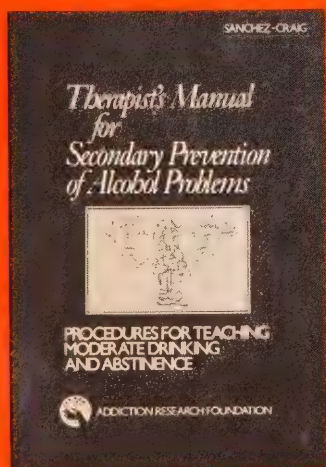
PG003 (84 pp.) \$9.00

G

Alcohol Education Teacher's Guide — Ten Lesson Plans for Grades 7 & 8

- pub. 1978
- ISBN 0-88868-028-7

PG002 (58 pp.) \$9.00



proceedings publications

PP

PP

Public Drinking and Public Policy — Proceedings of a Symposium on Observation Studies Held at Banff, Alberta, Canada, April 26–28, 1984

— edited by E. Single & T. Storm
— pub. 1985
— ISBN 0-88868-109-7

PBP14 (301 pp.) \$20.00 (softcover)
PBP15 (301 pp.) \$25.00 (hardcover)

This symposium brought together researchers engaged in observation studies of tavern behavior with representatives of the provincial licensing boards. By focussing on the drinking environment rather than on the consumption levels, the participants explored an area of alcohol policy where co-operation between public-health interests, the alcohol industry, and public-policy makers could be both possible and effective. The ultimate purpose of the research will be to develop programs to modify the drinking environment in order to influence drinking and public drunkenness. Although most of the sixteen presentations focus on North America, papers are also included on public drinking in the U.K., Finland, and New Zealand.

PP

Alcohol, Society, and the State PBP07 Set \$40.00

Volume 1: A Comparative Study of Alcohol Control

— by K. Makela et al.
— pub. 1981
— ISBN 0-88868-061-9

PBP05 (146 pp.) \$23.00

Volume 2: The Social History of Control in Seven Countries

— edited by E. Single,
P. Morgan, & J. DeLint
— pub. 1981
— ISBN 0-88868-060-0

PBP06 (200 pp.) \$23.00

The 'International Study of Alcohol Control Experiences' was a WHO-affiliated project on alcohol-control experiences in seven settings — Poland, Finland, Switzerland, Holland, Ireland, Ontario, and California. This is the two-volume result of this unique collaborative experience. Volume 1 presents the theoretical and policy implications of the international study. Volume 2 summarizes the historical alcohol-control experience in each of the seven settings. The societies studied in these two volumes all belong to the industrialized part of the world, but the analysis sheds light on genuinely international processes that are likely to have a global influence. The report is also unique in that it analyses the social dynamics and structural constraints of control policies, considerations essential to the designing of realistic measures for strengthening the impact of public-health concerns — considerations that are frequently not taken into account.

PP

Consequences of Drinking: Trends in Alcohol Problem Statistics in Seven Countries

— edited by N.A. Giesbrecht et al.
— pub. 1983
— ISBN 0-88868-080-5

PBP12 (145 pp.) \$20.00

This volume presents seven more papers associated with the book *Alcohol, Society, and the State* published in two volumes by ARF. The papers describe and analyse post-war trends in mortality, morbidity, public disruption, crime, and traffic accidents related to drinking. The papers are intended to encourage further analysis and research on the selection of appropriate indicators of damage, and documentation of their relevance as indirect barometers of alcohol consumption, actual incidence and prevalence of damage, and the impact of control and rehabilitation activities. They are also presented as a resource for policy considerations and the development of appropriate interventions.

PP

Psychotropic Substances and Their International Control

— edited by R.G. Smart, G.F. Murray,
& H.D. Archibald
— pub. 1981
— ISBN 0-88868-053-8

PBP04 (230 pp.) \$22.95

Many nations have been reluctant to ratify the Convention on Psychotropic Substances (1971), a treaty that seeks to control the production, marketing, and export of dependence-producing psychotropics. Consequently, ARF, in association with WHO and the International Council of Alcohol and

Addiction, convened a meeting of international experts in September 1980 to examine the problems and benefits of the treaty, the related issues, and some solutions. This book includes the background papers prepared for the meeting and a report of the proceedings.

PP

Cannabis and Health Hazards

— edited by K.O. Fehr & H. Kalant
— pub. 1983
— ISBN 0-88868-084-8

PBP13 (843 pp.) \$65.00

In 1981, ARF, in collaboration with WHO, organized a scientific meeting in Toronto, Canada, to assess the evidence on the adverse consequences of cannabis. Experts were invited from twelve countries in North and South America, Europe, Africa, and Asia representing most of the relevant clinical and basic-science disciplines. Critical reviews of the evidence of observed adverse consequences in various organs were presented by thirteen participants. The validity of such evidence was discussed along with gaps in and limitations of information. These reviews were discussed over the course of a week, and a consensus reached that formed the basis of the report. This report was submitted jointly by ARF and WHO to the UN and to other international bodies and agencies, national bodies, and professional and educational groups concerned with the problems related to the use of cannabis and other psychoactive drugs. It is anticipated that this information will constitute an important element in the deliberations of national bodies responsible for decisions on social and political policy with respect to drug use. Such policy decisions, however, are based on other considerations – legal, political, social,

ethical – in addition to health concerns. Therefore, in the interests of effective and objective scientific discussion, the subject of control policies and policy recommendations was specifically excluded from the scope of this meeting. The summary report of the meeting was published in December 1981 by ARF, and is reprinted in full as the first chapter of this book. The other chapters consist of thirteen detailed working papers that were presented at the Toronto meeting.

PP

The Chemically Dependent Woman

— edited by J. Dowling & A. MacLennan
— pub. 1978
— ISBN 0-88868-026-0

PBP02 (155 pp.) \$5.50

These papers were presented at a conference on women's issues, hosted by the Donwood Institute, Toronto. A distinguished group of experts in addiction addressed issues of usage, patient and physician perspectives, treatment trends, and new directions for women.

PP

Cerebral Deficits in Alcoholism: Proceedings of the International Symposium Held in Toronto, March 1979

— edited by D.A. Wilkinson
— pub. 1982
— ISBN 0-88868-071-6

PBP11 (160 pp.) \$16.50

This volume captures the scientific scope, the interest, and the potential

importance of research into the phenomenon of alcohol-related brain damage. The four research currents under review were:

- 1) the etiology of,
- 2) the methodological problems in the study of,
- 3) the prevalence of, and
- 4) the recovery from alcohol-related brain damage.

In addition, the contributors explore the ways in which they see research in these areas developing.

STILL AVAILABLE

PP

International Collaboration: Problems and Opportunities

— edited by B. Rutledge & E. K. Fulton
— pub. 1978
— ISBN 0-88868-024-4

PBP03 (206 pp.) \$16.50

working papers

WP

Publications in the Working Papers Series are intended to contribute to the body of current knowledge in specific interest areas. They are unedited, and published in limited quantities at the discretion of the relevant program director(s) of the Addiction Research Foundation, Toronto.

WP

A System of Health Care Delivery

— by F.B. Glaser et al.
— pub. 1984

PWP23 Set \$30.00

Volume 1: Implementation of the System/Medical and Educational Components/Computerized Information System

— ISBN 0-88868-094-5
PWP20 (211 pp.) \$15.00

Volume 2: Primary Care/Assessment

— ISBN 0-88868-095-3
PWP21 (250 pp.) \$15.00

Volume 3: Selecting Patients for Treatment / Follow-up

— ISBN 0-88868-096-1
PWP22 (240 pp.) \$15.00

These three volumes comprise a comprehensive overview and updating of all aspects of the Core Shell Treatment System Project drawing primarily on the reports of phases zero, one, two, and three of the pilot project. Additions include six new chapters on developments subsequent to the completion of phase three, four substudies, and one previously unpublished manuscript. Some chapters have been rewritten, though the language and thrust of the original have been preserved. Detailed information on a basic assessment package, medical screening, computerization, and follow-up technology have been included. Conveniently compiled and organized so that the reader can locate all the material on a relevant subject grouped together and in logical developmental order, this series of volumes will be useful to anyone responsible for the organization of treatment delivery on a large scale.

NEW

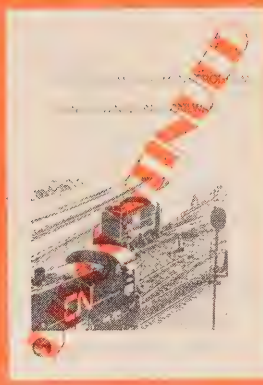
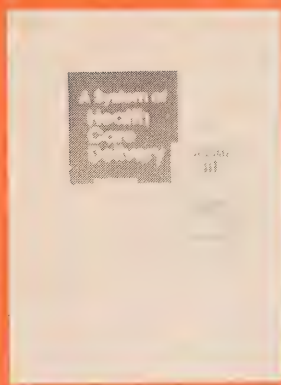
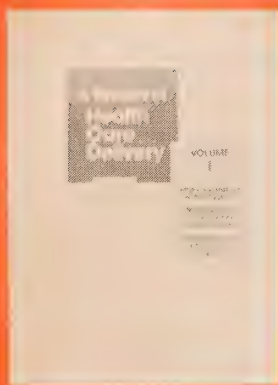
WP

Addiction Prone: Evaluation of the General Substance Abuse Model by Comparing Correlates of Abuse of Four Common Substances

— by K. Graham and A. Ekdahl
— pub. 1986
— ISBN 0-88868-138-0

PWP26 (135 pp.) \$8.50

This working paper is a review of the correlates of four commonly used substances: alcohol, tobacco, food, and caffeine. The approach is integrative, comparing all substances within a single framework. It is also multivariate, employing a variable level analysis from the many areas of research, and is evaluative, using a rating system to justify the conclusions for each variable. This evaluation of existing research provides a solid foundation for basing future research on an integrated understanding or rejection of the general model of substance abuse. After defining the scope of the review, the authors go on to examine such correlates as low self-esteem, depression, consumption by friends, etc. They conclude that, while we are a long way from predicting who is addiction prone, it is very clear that it is possible to take an integrative approach and that the general model is a partial explanation of substance abuse.



WP

Drinking-Driving Countermeasure Review: The Canadian Experience

- by C.B. Liban, E. Vingilis,
 & H. Blefgen
- pub. 1985
- ISBN 0-88868-108-9

PWP25 (178 pp.) \$10.00

Researchers in the drinking-driving field typically classify countermeasures according to the focus of the approach taken to achieve the objective. Here, five approaches are examined — the legal approach, the public information/education approach, the health approach, the technological approach, and the systems approach — through a review of the countermeasure programs implemented across Canada.

projection

The audio-visual review service of ARF: One year's subscription (\$16.00) provides you with reviews of the latest in audio-visual material prepared by a panel comprising a cross-section of professionals in the alcohol-drug field. Each review contains a synopsis of content, review of the scientific accuracy, a general evaluation, and a recommendation for use. A cumulative subject-and-title index is included free with your subscription.

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The Journal



J

THE JOURNAL – Keeping you on top of the news for fourteen years

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- Reprints: From time to time, 'The Journal' tackles issues such as cocaine or statistical data about drugs and alcohol, which are to be found on a centre-page spread. These articles have an immediacy and relevance that only a newspaper such as 'The Journal' can bring them; however, they also have a longer-term educational value. With this in mind, the Education Resources Division of ARF has made, and will make in the future, many of these centre-page inserts available as reprints.

J

Cocaine Kit

PJ030 \$5.00

This kit contains some thirty articles extracted from over ten years' issues of 'The Journal' concerning this popular, dangerous drug.

J

Kids on the Run

PJ022 (4 pp.) \$0.25

Contributing Editor Joan Hollobon reports on the myriad problems facing street youth in North America.

Photojournalist Daniel Gautreau, who spent three years following the lives of street kids in Toronto and Vancouver, provides photostories of some typical vignettes.

J

Stats Facts

PJ021 \$0.15

This four-page centre-spread insert contains some straight facts about young people and their use of alcohol.

EAPs
Approved by the
Health & Safety Commission

Council of Europe
leads on drug
torture

A week in
the life of
the ASB

The Journal

Young girls
stripped
at prison
drug check

The corner store debates

By Mark Jones

Noting
your
bump

Leaping lizards
latest drug foot

INSIDE


Are low-alcohol centers a boon to sobriety, or a first step
to children that alcohol is cool? The Book Page

Kids on the run




'Drugs just make it easier'

The Journal



COCAINE TODAY

For decades, cocaine has been a staple of the drug trade. But now, it's becoming a household name. In the United States, cocaine use has risen sharply in recent years, and it's no longer just a problem for the inner city. It's a problem for everyone. And it's not just the drug itself that's the problem. It's the way it's being used. Cocaine is being mixed with other drugs, and it's being used in new ways. This is making it even more dangerous. And it's not just the physical effects that are the problem. It's the psychological effects. Cocaine is addictive, and it can lead to serious mental health problems. So, what can we do about it? The answer is simple: we need to stop using cocaine. It's the only way to stay safe and healthy.



COCAINE TODAY...


Origins

C

COCAINE TODAY...

Craving

M



COCAINE TODAY...

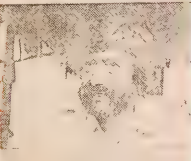
Loss of control

D




Documentary focuses on 'the hidden victims'

Cousteaus probe the heart of coca country



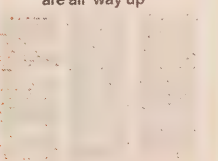
Andean basin, site home of recovery

Coca paste abuse — a 'burgeoning disaster'




Use is spreading outward, says RCMP

Canadian cocaine statistics are all 'way up'



Cocaine now epidemic, says US researcher

'A million calls later'



public service announcements

P.S.A.s are with us every day on TV and radio. They are an important and effective way of getting our message across. They are, however, very expensive to develop and produce. Studio facilities, script writers, tape editors, and actors cost money. With this in mind, ARF has prepared a major money-saving method of getting your message across. All ARF TV and radio 'spots' have been aired widely throughout Ontario and have been positively received. Now we can customize these 30-sec spots with your organization's 'tag' at the end of each piece. This cost-effective, high-profile educational tool has been designed by ARF's audio-visual experts to tackle everyday issues in the alcohol-drug field.

Radio Spots

ARF has prepared and distributed sixteen 30-sec radio spots throughout Ontario. Some are seasonal in nature dealing with issues such as alcohol use in summer and winter sport, alcohol's effect on a person's work performance, alcohol's effect on a marriage, and how a parent's attitude to alcohol influences his or her children. Each 30-sec spot closes with *your* contact address and telephone number. The set of sixteen spots comes on broadcast-ready tape (7.5 ips).

1. Ambulance. Tragedy strikes a man and his son while boating. He was 'Only Drinking Beer'.
2. Barbecue. Our host's a great guy until he drinks too much. Then he's 'Just Another Drunk'.
3. Couples. Harry and his wife aren't going to drink so much booze this summer. They'll try something non-alcoholic when it gets hot.
4. Summer. After a few drinks and a few joints, a sobering swim at night with tragic results.

5. This Guy. Results of drinking and driving.
6. Boss (female). A supervisor draws the line with an employee who has a drinking problem.
7. Boss (male). (as #6 above)
8. Larry. His widow wonders whether it was really her he loved or the bottle.
9. Remember Me? A teenager asks about last night's party.
10. Parking Lot. a parking-lot attendant sees many drivers, but still can't figure out why some people try to drink and drive.
11. Just Another Drunk (male). A bracing run down the ski slopes, a few belts at the hotel bar, and you're irresistible . . . or are you?
12. Just Another Drunk (female). (as #11 above)
13. Party. What a great party! How can it be this much fun without booze?
14. Snowmobile. Fred loves his booze. Fred loves his child. Fred loves to take his child snowmobiling after a few belts . . .
15. Just Like Me. Do I want my child to be like me when he or she grows up?
16. When I Grow Up. I'll drink lots of beer just like Dad . . .

Cost: \$300.00/spot for 1-5 spots
 \$250.00/spot for 6-10 spots
 \$200.00/spot for 11-16 spots

TV Spots

These video segments address an issue in a hard-hitting, yet educational way. They can be customized with *your* 'tag line', and as such are an effective, cost-efficient profile raiser. The messages come on broadcast-ready, 2.54-cm (1-in.) master tapes.

1. Father and Son. Excerpted from the popular puppet show 'Butt It Out', this spot has a father and son having a heart-to-heart talk about the father's smoking.
2. Aunt and Niece. Another excerpt from 'Butt It Out'. This time, an aunt embarrasses herself by her smoking in a restaurant.
3. It Was Fun: But Was It Worth It? Party time and driving don't mix.
4. A Pregnant Woman Never Drinks Alone. The title tells all. A hard-hitting message for mothers-to-be.
5. Construction Safety Message. Warns about the dangers of combining alcohol and work.

Cost: \$600.00/spot

6. Smoking. Live action of a young woman having second thoughts about lighting up.

Cost: \$400.00/spot



new products

video programs

VID

Alcohol Withdrawal Syndrome

- produced 1985
- set of three 20-minute videos

This package can be used by detox centres, psychiatric units, emergency and outpatient departments, and students of nursing and medicine. Each video contains one of three modules:

- Module 1: Introduction
- Module 2: Assessment
- Module 3: Treatment.

This step-by-step training is an effective method of assessment and management of alcohol withdrawal.

PVK43 3/4 in.
PVK44 VHS
PVK45 Beta **\$250.00**

VID

...And the Door was Opened

- produced 1988
- 40 minutes/color

A training video for detox staff as well as an information vehicle for anyone interested in the network of non-medical detoxication centres in Ontario. The lives of four alcoholics are traced as they share their experiences in various detox centres across Ontario. The full continuum of addiction treatment services in Ontario is described as the different paths of the individuals are traced. Other treatment services and facilities are also seen—halfway houses, rehabilitation centres, self-help groups, and recovery homes.

PV167 3/4 in.
PV168 VHS
PV169 Beta **\$275.00**

This video is also available in French.

VID

The Choice Is Yours

- produced 1987
- 29 minutes/color

This video is divided into five-minute segments, one each on alcohol, drugs and crime, cannabis, cocaine and crack, and inhalant abuse. It was produced in cooperation with the Ontario Chiefs of Police and is used by police lecturers across Ontario. The straight-to-the-point style examines the consequences of making the wrong choice about drugs and gives positive aid in making the correct choices. This video is suitable for the 13-to-15-year age range.

PV158 3/4 in.
PV159 VHS
PV160 Beta **\$150.00**

This video is also available in French.

VID

Cannabis and You

- produced 1988
- 12 minutes/color

This program is directed at students in the 13-to-15-year age range. The facts about the popular drug cannabis (marijuana) are explored and many of the myths about it are dispelled. Several students are interviewed and they discuss how they deal with peer pressure to use the drug. The video encourages positive attitudes by helping young people make the educated decision that will help them to avoid cannabis use.

PV149 3/4 in.
PV150 VHS
PV151 Beta **\$95.00**

This video is also available in French.

VID

Inhalant Abuse

- produced 1988
- 26 minutes/color

Co-produced by the Addiction Research Foundation and the National Native Alcohol and Drug Abuse Program, this video discusses solvent and aerosol use. ARF scientist Dr. Luis Fornazzari reveals recent information concerning permanent brain damage in inhalant abusers and other health hazards they may encounter. The material contained in this presentation is suitable for parents, teachers, and health-care professionals. Because of the graphic nature of the presentation, it is *not suitable for young people*.

PV155 3/4 in.
PV156 VHS
PV157 Beta **\$150.00 (\$75.00 in Canada)**

VID

Just for a Few Drinks

- produced 1988
- 15 minutes/color

This video contains three vignettes that focus on some of the issues surrounding teenage drinking and driving. Produced by the ARF in conjunction with the Trinity Theatre Group, Toronto, this video will promote discussion among young people of the serious consequences of combining alcohol with driving. Included is a brief discussion guide which suggests other available resources on drinking and driving. This video is an invaluable discussion starter for high schools, driving schools, and members of the public interested in this topic.

PV164 3/4 in.
PV165 VHS
PV166 Beta **\$55.00**

new products

working paper

WP

Progress on Campus: Evaluation of the Campus Alcohol Policies and Education (CAPE) Program

— by Louis Gliksman, David Hart,
Robert Simpson, and Thomas Siess
— published 1987
— ISBN 0-88868-151-8

The CAPE program utilizes two approaches—education and policy—in promoting healthy attitudes about alcohol to university students. The education component involves making students aware of the negative consequences of alcohol consumption on their health and level of academic achievement, while the policy component focuses on specific strategies for tavern managers and campus administrators to make it more difficult for students to drink excessively, or inappropriately.

This working paper is an evaluation of the impact of the CAPE program and was carried out in two phases. The first phase studied the profile of the program and how students received both the educational message of the program, and the policy initiatives put in place to encourage reduced alcohol consumption on campus. The second phase evaluated the impact of CAPE on the attitudes and drinking intentions of students. Students exposed to CAPE, compared with those not exposed to it, showed positive changes in their attitude to the inappropriate use of alcohol, their intentions of using alcohol appropriately, and the amount of alcohol they reported consuming.

PWP27 38 pp. **\$7.50**

proceedings

PP

Prevention, Alcohol, and the Environment: Issues, Constituencies, and Strategies

— edited by Norman Giesbrecht and
Ann E. Cox
— published 1986
— ISBN 0-88868-141-0

This book contains the papers of a symposium held in Toronto in 1985 and is a compendium of current information in the developing field of community services, research, public health, and alcohol policy prepared by leading practitioners and researchers. This material will be of interest to professionals responsible for the design and evaluation of programs aimed at reducing alcohol problems at local and regional levels.

PBP16 240 pp. **\$18.50**

PP

Alcohol-Related Casualties: Proceedings of an International Symposium

— Edited by Norman Giesbrecht and
Honey Fisher
— published 1987
— ISBN 0-88868-159-3

Representation at this 1985 symposium was cross-disciplinary and international, with papers reflecting interest and expertise in different areas—industrial casualties, home and recreational accidents, violence, and poisonings. Contributors include Marcus Grant, John Macdonald, and Robert Niven as well as Robin Room who presented models for future work.

PBP17 180 pp. **\$25.00**

novelties

PN

“I Love Hugs” Teddy Bears

— produced 1988

These tender teddies are the perfect way to tell someone special that you love hugs. The unbearably cute critters display their special message on a heart-red sash, and come in two sizes. So get a hug teddy for the one you hug! How can you bear to be without one?

P0360 7 1/2” white teddy **\$9.95**
P0361 14” white teddy **\$29.95**

PN

“Hugs Not Drugs” Headband

Sporty headgear for jogging, gardening, or a day at the beach.

P036 Blue lettering on
white headband **\$3.00**

new products

treatment tools

G

Situational Confidence Questionnaire

- by Helen M. Annis and J. Martin Graham
- published 1988
- ISBN 0-88868-164-X (User's Guide)

The Situational Confidence Questionnaire (SCQ) is a self-report questionnaire designed to assess self-efficacy in relation to a client's perceived ability to cope with alcohol. The high-risk drinking situations assessed by the questionnaire fall into two major classes: (1) Personal States, in which drinking involves response to an event; and (2) Situations Involving Other People, in which significant influence of another person is involved. The SCQ was developed as a tool for therapists to monitor the development of a client's self-efficacy in relation to specific drinking situations over the course of treatment, thereby helping to reduce the risk of relapse.

- PG039** User's Guide (45 pp.) **\$13.50**
- PG040** Specimen set:
1 Guide + 25 Questionnaires **\$25.00**
- P153** Package of 25 Questionnaires **\$14.75**

SCQ will be available soon in interactive software.

G

Inventory of Drinking Situations

- by Helen M. Annis, J. Martin Graham, and Christine S. Davis
- published 1987
- ISBN 0-88868-158-5 (User's Guide)

The Inventory of Drinking Situations (IDS) is a new treatment planning tool to help patients in treatment avoid high-risk areas/situations for drinking relapse. The 100-item questionnaire is designed to assess eight categories of situations in which a client drank over the past year. The classification of categories, based on the work of Marlatt and colleagues, includes unpleasant/pleasant emotions, physical discomfort, testing personal control, urges and temptations, conflict, and social pressure. Also available is the IDS Short Form consisting of 42 items which were chosen from the IDS-100 as test items in each subsection that had the highest item-subscore correlation. It is recommended that in clinical applications the IDS-100 be used. For some research applications, the IDS-42 may be preferred.

Components of the IDS include a 50-page interpretive User's Guide presenting reliability and validity information, plus normative data and a set of 25 questionnaires (100 or 42).

IDS is now available in interactive software.

- PG035** User's Guide (50 pp.) **\$13.50**
- P144** IDS-100 Questionnaires (pkg. of 25) **\$14.75**
- P1441** IDS-42 Questionnaires (pkg. of 25) **\$12.75**
- PG036** Specimen set: 1 Guide + 25 IDS-100 Questionnaires **\$25.00**
- PD003** IDS Software: 50 uses **\$140.00**
- PD004** IDS Software: 200 uses **\$450.00**

IDS-42 and IDS-100 questionnaires are available in French. User's Guide is available in English only.

G

Alcohol Clinical Index

- by Harvey A. Skinner and Stephen Holt
- published 1987
- ISBN 0-88868-144-5 (Booklet)

The Alcohol Clinical Index comprises two parts—clinical signs that are elicited by the physicians or nurse, and medical history items that can be completed by the patient. The booklet provides a practical strategy for using the Index and suggests methods of corroborating the Index with laboratory tests and indicators. It also describes ways to ensure that patients' self-reports are accurate, and outlines procedures for clinical management and follow-up. Four separate forms are used to compile clinical signs, medical history, alcohol use, and risk factors. Extra copies of these questionnaires are available in pads of 50.

- PG034** User's Booklet (31 pp.) **\$9.75**
- P146** Clinical Signs (50 questionnaires) **\$9.95**
- P147** Medical History (50 questionnaires) **\$9.95**
- P148** Alcohol Use (50 questionnaires) **\$9.95**
- P149** Risk Factors (50 questionnaires) **\$9.95**

new products

G

You Can't Get Away from You: A Play about Alcohol Use for Junior Students (Grades 6-10)

— by Ron Hindle
— published 1987
— ISBN 0-88868-145-3

This play examines the effects of alcohol abuse on two teenagers and their families. It can be used in a variety of ways ranging from a full-scale production to a quick in-class reading. The volume contains a complete playscript and teacher's manual. Class activity suggestions, numerous guides for discussion, and ideas for stage direction and blocking are presented.

PG033 42 pp.

\$8.50

G

High School Education to Reduce Impaired Driving

— developed by the Hamilton Centre of the Addiction Research Foundation
— published 1986

This manual contains three complete lesson plans plus summary of the evaluation of the project. The program was developed and field-tested in cooperation with several school boards in the Hamilton region of southern Ontario. Lessons cover an overview of the problem, effects of alcohol on driving ability, blood alcohol measurement, drinking and driving laws and penalties, cannabis and driving, and other related topics. This is an invaluable resource for both teachers and librarians.

PG031 47 pp., 3-ring binder

\$9.50

G

APPLAUSE (Appropriate Presentations for Parents for Learning about Alcohol and other drugs Using Segmentation Effects): A Presenter's Guide to Parent Education about Alcohol and Other Drugs

— by Andrea Stevens Lavigne, Marg Simmons, and Barbara Steep
— published 1984 (revised 1988)

This is a manual for anyone involved in parent education in the alcohol/drug field. The material will increase parents' awareness of and interest in strategies for preventing, identifying, and coping with drug use among young people. The manual includes sample presentations and extensive background reading on drugs as well as other pertinent material for parents. Overhead graphics are included.

PG032 98 pp., 3-ring binder

\$9.75

ARF

Why Volunteers? Selecting, Training, and Deploying Volunteers in Alcohol Treatment Services

— by Gillian Leigh, Robin Gerrish, and Evelyn Gillespie
— published 1987

With the rise of professional mental health services, it may be forgotten that the tradition of caring for those in need of help came originally from volunteers. Nursing and social work both can trace their origins to volunteer service. In the alcohol field, A.A. has shown the powerful influence a voluntary organization can exert. Today, however, the value of the volunteer is frequently under-rated: they can be of varied and valuable assistance. This manual explores the potential of volunteers. The concepts expressed in this book arose from a treatment program in which volunteers were recruited to assist in behavioral treatment of problem drinkers. The detailed appendix describes aspects of the program which led the authors to their recommendations, and the manual concentrates on the conceptual issues that surround the selection, training, and deployment of volunteers.

PG027 80 pp.

\$9.75

new products

EAP software

G

EAP ANALYST™

— produced 1987

EAP Analyst™ is the management tool that lets you assess and improve the overall effectiveness of your EAP. This new personal computer software program takes the work out of tracking your clients at a fraction of the cost of other systems. It allows you to:

- identify your EAP's strong points
- see how and where improvements can be made
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- find new ways to INCREASE those savings
- prove to any "bottom-line" management that your EAP is paying its way.

The EAP Analyst™ lets you measure the effectiveness of every aspect of your EAP, and finds ways to improve it. It also allows you to make detailed cost-benefit analyses.

To give you a better idea of the many ways EAP Analyst™ can help you, you can borrow, for a period of one month, a demonstration disk.

For further information contact:

Heather Lalonde
Sales Representative
Addiction Research Foundation
33 Russell Street
Toronto, Canada M5S 2S1
telephone: (416) 595-6123

training programs

G

Training Program on Prevention in the Drug Field

- by Sherri R. Torjman
- published 1986
- ISBN 0-88868-118-6 (Instructor's Manual)
- ISBN 0-88868-120-8 (Monograph 1)
- ISBN 0-88868-122-4 (Monograph 2)
- ISBN 0-88868-124-0 (Monograph 3)
- ISBN 0-88868-126-7 (Instructor's Manual + 3 Monographs)

This package is the result of five years of research and effort by the National Planning Committee on Training in the Addiction Field. It was tested as a workshop for community prevention workers and trainers from across Canada, and input was sought from experts in the areas of prevention and curriculum design. The manual was designed primarily for trainers but would also be useful to community workers who have responsibility for prevention activities. The package includes a 200-page Instructor's Manual, 3 Monographs (1. Essential Concepts and Strategies, 2. Change Agent Skills, and 3. Program Planning and Implementation), overhead visuals, and exercise handouts.

PZ091 Instructor's Manual + 3 Monographs	\$95.00
PZ082 Instructor's Manual only	\$85.00
PZ087 Monograph 1 only	\$10.00
PZ088 Monograph 2 only	\$10.00
PZ089 Monograph 3 only	\$10.00
PZ090 Set of 3 Monographs	\$25.00

Also available in French.

G

Addiction Counselling Training Manuals

- by Peter E. Bohm and Kenneth Macdonald
- published 1987
- ISBN 0-88868-153-4 (Participant's Manual)
- ISBN 0-88868-152-6 (Trainer's Manual)

An up-to-date resource package and curriculum for addiction counselling training, this project was initiated by the National Planning Committee on Training in the Addiction Field (Health and Welfare Canada). It is a result of a Canada-wide needs assessment which indicated that treatment training programs currently in place are too long, too abstract, impractical, and inflexible. The package is designed to be part of a larger training strategy, and can be easily modified or supplemented to meet trainee requirements. The manual contains sections on counselling communication skills, practical drug concepts, initial interview methods, and treatment planning strategies. This modularized system can be used for training beginners in the field or for professional refresher courses.

PZ150 Trainer's Manual (310 pp.)	\$65.00
PZ153 Participant's Manual (312 pp.)	\$35.00

Recommended for use with this package is the Communication Skills video (see p.33) at \$200.00 per copy. However, we are offering a special price on a Specimen Package (one Trainer's Manual, one Participant's Manual, and one Communication Skills video) for only \$250.00. *Please specify the video format—VHS, Beta, or 3/4 inch—required.*

Addiction Counselling Training Manuals are available in French. The Communication Skills video is available in English only.

ARF Bookstore items

A partial listing of titles from other publishers that we have found to be of interest to our customers

BS

The Steel Drug: Cocaine in Perspective

— by Patricia G. Erickson, Edward M. Adlaf, Glenn F. Murray, and Reginald G. Smart
— published 1987

In addition to gathering extensive material on the international aspects of cocaine, the authors have designed and conducted an in-depth study of a large group of cocaine users. Part one places the current cocaine issue in a social and historical context. Part two presents the findings of the study – the attractions of cocaine, the nature and circumstances of its use, and the user's concerns with punishment. The final chapter indicates directions for further research.

PX119 175 pp.

\$18.50

BS

Different Like Me: A Book for Teens Who Worry about Their Parents' Use of Alcohol/Drugs

— by Evelyn Leite and Pamela Espeland
— published 1987

Most parents today are worried that their children might use alcohol/drugs. But what about the kids who are worried about their parents' use? This book is written especially for teens who are concerned, confused, scared, and angry because of their parents use of alcohol or other drugs. Teens will find the answers to the questions they have been afraid to ask.

PX130 110 pp.

\$8.95

BS

Break the Smoking Habit: A Behavioral Program for Giving Up Cigarettes

— by Ovide F. Pomerleau and Cynthia S. Pomerleau
— published 1977

Many smoking cessation programs have been designed to help the smoker quit by educating the smoker about the health dangers of the habit, and through a combination of exhortation, encouragement, and emotional support. On the whole the results have been disappointing. This book offers a different approach. Developed by a behavioral scientist, it is based upon a scientific analysis of smoking behavior. Why does a person smoke? What environmental factors keep a person smoking? What can a smoker change to help him or her quit? The book provides the answers and offers new hope for those who have previously failed to quit.

PX120 90 pp.

\$12.95

BS

Alcohol in the World of the 80s: Attitudes, Prevention Policies and Voluntary Efforts

— by Gunno Armyr, Ake Elmer, Ulrich Herz
— published 1981

This book describes conditions in a number of important countries with respect to drinking habits, alcohol control policy, economic importance of alcohol and voluntary efforts to prevent damage by alcohol.

PX080 224 pp.

\$20.00

BS

The Non-Drinker's Drink Book: A Guide to Mixing Non-Alcoholic Drinks

— by Gail Schioler
— published 1981

140 delicious drink recipes, from "Sunny Sangria" to "Raspberry Rascal," these refreshing beverages are perfect for the person who wants to drink less, or not at all.

PX011 159 pp.

\$10.95

BS

The Silent Pain (The Manual)

— by Fred E. Hornsby
— published 1987

This book offers help to the supervisor who is suffering the "silent pain" of having to work with a substance abusing employee. This manual will help the supervisor/manager avoid procrastination and teach simple, clear, and humane methods of addressing the problem.

PX129 83 pp.

\$14.95

BS

Social Work Treatment of Alcohol Problems

— by David Cook, Christine Fewell, and John Riolo

PX099 153 pp.

\$18.75

BS

Drugs and Society: A Biological Perspective

— by Patricia Jones-Witters and Weldon Witters

PX117 432 pp. Illustrated

\$32.00

ARF Bookstore items

Children of alcoholics

As more and more people realize the dreadful toll that alcoholism has taken on the family, the need for information and help has grown. In recognition of this, the ARF Bookstore is making available a number of books, both for young children of alcoholics and adult children of alcoholics. We are sure that people who come from alcoholism-troubled families and those who help them will find these titles useful.

BS

Children of Alcoholics: A Bibliography and Resource Guide

— by Robert J. Ackerman
— published 1987

Dr. Ackerman's invaluable resource book contains more than 700 references. It provides information both to those interested in helping COAs and COAs themselves. The listings cover both Canada and the U.S.

PX124 82 pp. \$7.95

BS

Growing in the Shadow: Children of Alcoholics

— edited by Robert J. Ackerman
— published 1986

This book addresses COAs from childhood through adulthood. The authors offer a diversity of insights, opinions, and perspectives. Among the 21 authorities in the field who contributed to this book are Janet Woititz, Claudia Black, Rokeller Lerner, and Dr. Ackerman himself.

PX125 234 pp. \$12.95

BS

Children of Alcoholics: A Guide for Parents, Educators and Therapists

— by Robert J. Ackerman
— published 1983

This book offers advice on how to help and find help for those children trapped in alcoholic families. For those who wish to help, it is necessary to know what it is like to be a COA and how COAs develop as people. Dr. Ackerman devotes the first of three sections to that issue. The second section gives suggestions for educators and the third contains suggestions for therapists and parents. Two appendices containing resource materials and resource agencies across North America complete this invaluable text.

PX127 201 pp. \$12.50

BS

Breaking the Cycle of Addiction: A Parent's Guide to Raising Healthy Kids

— by Patricia O'Gorman and
Phillip Oliver-Diaz
— published 1987

This book is designed to help the parent (or parent to be) who is a child of an alcoholic, or someone who lives with an alcoholic, break the cycle of addiction. The goal of the book is to help parents by showing the benefit of the child-centred family and of giving and receiving emotionally.

PX121 162 pp. \$11.95

BS

Adult Children of Alcoholics

— by Janet Geringer Woititz
— published 1983

This is the book that confirmed the public's interest in the area of children of alcoholics (COAs) by climbing onto the

New York Times' Best Sellers' List. The author offers answers on how to recognize, change, and prevent the past from adversely influencing the present and future.

PX123 106 pp. \$9.95

BS

Struggle for Intimacy

— by Janet Geringer Woititz
— published 1985

To be intimate, to be close, to be vulnerable, contradicts all the survival skills learned by children of alcoholics when they were young. Acquiring intimacy skills requires a complete relearning process. This book teaches better ways to interact with others, new options, and new choices.

PX126 101 pp. \$9.95

BS

Recovery: A Guide for Adult Children of Alcoholics

— by Herbert L. Gravitz and
Julie D. Bowden
— published 1985

This book is for COAs who "survived" to adulthood. It presents a way of re-evaluating those survival techniques in light of the problems faced as adults. Many COAs limp into adulthood behind a facade of strength. They survive adulthood too, but they do not enjoy it. This book can help children of alcoholics of all ages enjoy their adult lives.

PX128 120 pp. \$10.95

Now available on audiotape
(PX135, 50 min. \$9.95)

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Shipping Policy

1. All items are shipped F.O.B. Toronto. Net 30 days.
2. If billing is requested, add 10% of order value to cover postage and handling charges. (We pay shipping and handling on prepaid orders.)
3. Orders under \$15.00 should be prepaid. If billing is requested, an additional invoicing charge of \$5.00 will be assessed.
4. Most items are shipped by parcel or book post. Charges for Air Mail, Courier, Trucking or Special Handling will be billed extra.
5. Customs clearance is required on all orders valued over \$150.00 being shipped outside Canada. Customs and brokerage fees will be billed directly to the purchaser by the brokerage house.
6. Prices subject to change without notice.
7. Tax exemption customers must provide exemption certificates.

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2. **Bibliographies**
20% for libraries and booksellers
3. **Books**
20% for libraries
30% for booksellers
(No discount available on *The Forgotten Children*)
4. **Buttons**
20% for 500-999
30% for 1,000 or more

Returns Policy

1. Requests for returns must be made in writing within 45 days* of shipment by the Addiction Research Foundation. The request must fully explain the reason for the return.
2. Returns must be authorized in writing by Marketing Operations, ARF, before items are returned.
3. Ship all returns prepaid, marked 'Canadian Goods Returned.' Credit will be given only on goods received in resalable condition unless authorized in writing as damaged goods. Replacement copies will be shipped if requested.
4. Where a price discount was given on the original shipment and a partial return of goods is made, Marketing Operations will credit the appropriate amount.

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posters and novelties

PN
PN

Jamie Finds Out About Drugs – An Activity Poster

PP007 \$0.50 (Canadian version)

PP008 \$0.50 (U.S. version)

A large (ca 48cm × 60 cm/19 in. × 24 in.) activity poster that is ideal for coloring. It can be used as a wall poster or a discussion guide. It has been classroom tested and has proved most popular with grades 4 and 5 (i.e., ages 9 through 11). It presents – in an informal way – basic information about drugs.

PN

Buttons and Stickers

Make your statement! An assortment of colorful buttons and stickers to get your message across.

'Butt It Out' sticker	P050	\$0.30
'Butt It Out' button	P068	\$0.50
'I Know the Score' sticker	P051	\$0.30
'I Know the Score' button	P069	\$0.50
'No Thanks, I'm Thinking' sticker	P052	\$0.30
'No Thanks, I'm Thinking' button	P070	\$0.50
'No Thanks, I'm Driving' button	P071	\$0.50

PN

T-Shirts

\$6.95

The design is taken from the 1984 Poster Festival Winner, 'Pass On It'. Be sure to specify the size(s) that you require.

Child: small, medium, & large

Juvenile: small, medium, & large

Adult: small, medium, & large

Note: Some sizes are available in limited quantities. Please enquire before ordering. Telephone collect:

(416) 595-6059

PN

Student Posters

PP028 Set of 8 \$5.00

These are produced on heavy stock from the eight winning designs in the 1984 ARF School Poster Festival. Submitted by students from both elementary and high schools throughout Ontario, these posters are lively, colorful, and entertaining, and they will be a welcome addition to any classroom or bulletin board.

'I Need Shoes Not Booze'	PP020	\$0.75
'Tic Tac No!'	PP021	\$0.75
'Is It Worth the Gamble?'	PP022	\$0.75
'Drunks Don't Make Good Mothers'	PP023	\$0.75
'It Isn't Just A Game, It's Your Future'	PP024	\$0.75
'Don't Fall for the Pitch on Alcohol'	PP025	\$0.75
'Dressed To Kill'	PP026	\$0.75
'Don't Drink If You're Pregnant'	PP027	\$0.75

PN

EAP Posters

PP005 Set of 4 \$1.50

Printed on heavy, glossy stock with white lettering and a solid-color background, these posters (ca 27 cm × 36 cm/10.5 in. × 14 in.) are designed to promote awareness and participation in EAP programs.

'Feel Good Again'	PP001	\$0.50
'It's Good To Know It's There When You Need It'	PP002	\$0.50
'When It's Nobody's Business But Yours... We'll Keep It That Way'	PP003	\$0.50
'It's Hard To Come into Work when You've Been Worrying All Night'	PP004	\$0.50

See also under languages other than English.



audiotapes

AUD

ARF audiotapes are wide ranging – from practical ‘how to’ tapes such as ‘Stress & Relaxation’ to discussions of specific problem-areas such as ‘Cannabis: Adverse Effects on Health’. This year, a new set of tapes – the ‘Dial-A-Fact’ series – has been added, thereby expanding the range still further. The ARF tapes are still priced at \$9.00 each – \$8.00 each for orders of six or more.

AUD

Dial-A-Fact

PA499 Set of 55 \$328.00
\$9.00 ea./\$8.00 ea. for orders of six or more
Transcripts \$1.00 each (prepaid)

In November of 1983, the Education Resources Division of ARF introduced a new concept in the field of alcohol-drug education. ‘Dial-A-Fact’, a series of taped messages of between 4 min and 6 min each, give the people of Ontario an opportunity to telephone from their homes or offices as often as they wished to listen to information on subjects as diverse as ‘Minor Tranquillizers: What Are They and How Do They Affect Us?’ to ‘Dealcoholized Wines and Beers’, and many others. The service proved to be a resounding success, and public demand has resulted in its expansion to fifty-five. ‘Dial-A-Fact’ answers the practical, everyday questions asked about alcohol and drugs in a lucid, down-to-earth way, and it has provided an invaluable tool for parents, students, and people concerned about their alcohol and drug use. ‘Dial-A-Fact’: It could be the answer to your education needs!

French Language

All the Dial-A-Fact audiotapes are now available in French.

Alcohol

AUD

Facts on Alcohol: What It Is and How It Affects Us

PA030 (#101)

AUD

Facts on Alcohol: The Short-term Harmful Effects

PA031 (#102)

AUD

Facts on Alcohol: The Long-term Effects

PA032 (#103)

AUD

Facts on Alcohol: Identifying Alcoholism

PA033 (#104)

AUD

Facts on Alcohol: Drinking and Driving

PA034 (#105)

AUD

Facts on Alcohol: Facts and Fallacies About Alcoholism

PA035 (#106)

AUD

Alcoholism and the Family: The Spouse

PA036 (#107)

AUD

Alcoholism and the Family: The Children

PA037 (#108)

AUD

Can Alcoholics Recover? A Look at Treatment Research

PA038 (#109)

AUD

Fetal Alcohol Syndrome

PA039 (#110)

AUD

Dealcoholized Wines and Beers

PA040 (#111)

Drugs

AUD

Cocaine

PA100 (#201)

AUD

PCP

PA101 (#202)

AUD**Cannabis (Marijuana and Hashish): What It Is and How It Affects Users**

PA102 (#203)

AUD**Cannabis (Marijuana and Hashish): The Effects of Long-term Use**

PA103 (#204)

AUD**Minor Tranquillizers: What They Are and How They Affect Users**

PA104 (#205)

AUD**Minor Tranquillizers: Effects of Long-term Use**

PA105 (#206)

AUD**Barbiturates and Other Sleeping Pills: What They Are and How They Affect Users**

PA106 (#207)

AUD**Barbiturates: The Effects of Long-term Use**

PA107 (#208)

AUD**Too Much Caffeine? What It Is and How It Affects Users**

PA108 (#209)

AUD**Too Much Caffeine? Effects of Long-term Use**

PA109 (#210)

AUD**Amphetamines: What They Are and Who Uses Them**

PA110 (#211)

AUD**Amphetamines: Effects of Long-term Use**

PA111 (#212)

AUD**LSD: What It Is and How It Affects Users**

PA112 (#213)

AUD**LSD: Effects of Long-term Use**

PA113 (#214)

AUD**Heroin and Other Narcotic Analgesics: What They Are and How They Are Taken**

PA114 (#215)

AUD**Heroin and Other Narcotic Analgesics: How They Affect Users**

PA115 (#216)

AUD**Heroin and Other Narcotic Analgesics: The Effects of Long-term Use**

PA116 (#217)

AUD**Tobacco: What It Is and How It Affects Users**

PA117 (#218)

AUD**Tobacco: Effects of Long-term Use**

PA118 (#219)

AUD**Inhalants: What They Are and How They Affect Users**

PA119 (#220)

AUD**Inhalants: Effects of Long-term Use**

PA120 (#221)

AUD**Psilocybin and Mescaline**

PA121 (#222)

AUD**MDA and Its Dangerous Relatives**

PA122 (#223)

Alcohol and Drug Issues in Society**AUD****Talking to Children About Drugs**

PA200 (#301)

AUD**My Teenager May Have a Drug Problem: Some Signs of Drug Use**

PA201 (#302)

AUD**My Teenager May Have a Drug Problem: Sharing Your Concerns with Your Child**

PA202 (#303)

AUD**Sex, Cannabis, and Alcohol**

PA203 (#304)

AUD**Drugs and Violence: Alcohol**

PA204 (#305)

AUD**Drugs and Violence: Cannabis, LSD, PCP, and Stimulants**

PA205 (#306)

AUD**Alcohol and Drug Use Among High-School Students**

PA208 (#309)

AUD**Cannabis and the Law: Narcotic Control Act and Possession**

PA209 (#310)

AUD**Cannabis: Trafficking, Importing, Exporting, and Cultivating**

PA210 (#311)

AUD**Hazards of Street Drug Use: Fakes, Substitutes, and Street Doses**

PA211 (#312)

AUD**Hazards of Street Drug Use: Adding (Mixing) Other Drugs**

PA212 (#313)

AUD**Teenage Problem Drinkers**

PA213 (#314)

Treatment Issues**AUD****Employee Assistance Programs: Helping Employees with Alcohol, Drug, and Other Personal Problems**

PA300 (#401)

AUD**Antabuse and Temposil: Protective Drugs for Alcohol Problems**

PA301 (#402)

AUD**Compulsive Gambling**

PA302 (#403)

AUD**Are Diet Pills Effective?**

PA303 (#404)

AUD**Treatment of Anxiety**

PA304 (#405)

Special Issues**AUD****Drug and Alcohol Issues
Among Nurses**

PA402 (#503)

AUD**Tips on How To Stop Smoking**

PA403 (#504)

AUD**Progressive Muscular
Relaxation (PMR)**

— prod. 1982

PA017 (43 min) \$9.00

PMR is a method of learning to relax quickly throughout the day. It is also called the contrast method of relaxation, and involves a series of exercises to first tighten and then relax isolated muscle groups. This process helps you to recognize the difference between relaxed and tense muscles. By becoming aware of the everyday situations that cause a tension buildup, you can then

actively reduce it. This audiotope provides step-by-step instructions for the PMR exercises — in both the lying and sitting positions — and a user guide.

AUD**The Use of Drugs
During Pregnancy**

— prod. 1982

PA016 (13 min) \$9.00

This audiotope provides valuable advice to expectant mothers about the effects of alcohol, tobacco, and other drugs on the unborn child. Dr. Mary Jane Ashley of the University of Toronto describes the fetal alcohol syndrome. Dr. Rick Frecker of ARF describes the effects of tobacco smoking on the development of the child. Dr. Kevin Fehr, also of ARF, discusses other drugs including ASA, laxatives, cold remedies, caffeine products, marijuana, and prescription drugs.

AUD**Crisis Intervention and the
Drug-Using Adolescent**

— by M. Jacobs & K. Michael

— prod. 1979

PA014 (37 min) \$9.00

Suicide attempts by adolescents have risen dramatically over the past decade. Particularly vulnerable are children of alcoholics. Unable to have healthy and continuing communication with or guidance from their parents, they too often turn to alcohol and drugs for relief from their inner turmoil. Lise is a real person. In this tape, she relates her suicide attempt to Dr. Jacobs, who developed a 24-h crisis intervention unit at a large metropolitan hospital. In the informative discussion, he outlines some of the basic principles of crisis intervention.

AUD**Cannabis: Adverse Effects on
Health**

— by H. Kalant & K.O. Fehr

— prod. 1980

PA015 (30 min) \$9.00

The increasing popularity of marijuana use has underscored the need for a valid and objective evaluation of the effects of this drug on health. Much contradictory opinion has been expressed on the matter. In this audiotope, Dr. Kalant and Dr. Fehr discuss the behavioral and mental effects of cannabis use as well as the effect on the cardiovascular and respiratory systems.

AUD**Fetal Alcohol Syndrome (FAS)**

— by M.J. Ashley

— prod. 1979

PA013 (19 min) \$9.00

In this candid interview, M.J. Ashley of the Dept. of Preventive Medicine, University of Toronto, answers some of the questions concerning the controversial FAS. The discussion also explores ways in which dangerous levels of alcohol use can be detected and prevented in pregnant women. This tape is a 'must' for health professionals.

videos

VID

Video cassettes are NFB, CRTC, and USIDA certified.

N.B. Be sure to specify which tape format you require, i.e., $\frac{3}{4}$ in. U-Matic, $\frac{1}{2}$ in. VHS, Beta.

N.B. Overseas Customers: As you are no doubt aware, a major problem concerning video sales is the difference in TV systems. North America uses the NTSC system, and Europe, Australia, and many other parts of the world use the PAL system. Until now, all the ARF videos were available only on NTSC, but we are now happy to announce that we can offer a conversion service between the two systems. The fee for this service is \$150.00 for each 30 min or less of videotape. Thus, the wide range of award-winning ARF videos are available to our friends overseas.

Video Packages

VID

The Dr. Cooper Series

\$100.00 (kit) \$90.00 (video only)

Dr. Cooper is a research scientist who, together with his lab assistants Martha the Mouse and Melvin the Dog, conducts many interesting experiments to show how various substances can affect the body. Also on hand are sundry other characters: Ro, the mischievous robot; Ned and Fred, the boozers; and prim Aunt Martha. These classroom-tested puppet shows treat such subjects as tobacco, alcohol (short- and long-term effects), marijuana, and — coming soon — inhalants and the dangers of household substances for six- to nine-year-olds. Each kit comes in a zip-lock, vinyl portfolio containing a videotape, a teacher's guide, and a colorful 'coming soon' poster. Best of all, these videos make learning FUN!



1. Butt It Out

— prod. 1984

9.25 min/color

PG008 \$9.00 (Teacher's Guide)

Kit

PVK04

$\frac{3}{4}$ in. U-Matic

PVK05 VHS

PVK06 Beta

Video only

PV079

$\frac{3}{4}$ in. U-Matic

PVO80 VHS

PVO80 Beta

This fast-moving, entertaining show with a message deals with smoking. Music, color, and fast-paced dialogue hold the child's attention as the issue of smoking is explored. As noted above, this kit is available in three formats.

See also under languages other than English.

2. Never Listen to a Bottle

— prod. 1985

9.25 min/color

PG016 \$9.00 (Teacher's Guide)

Kit

PVK10

$\frac{3}{4}$ in. U-Matic

PVK11 VHS

PVK12 Beta

Video only

PV104

$\frac{3}{4}$ in. U-Matic

PV105 VHS

PV106 Beta

Dr. Cooper and the gang in the lab find out about alcohol. Poor Ro, the robot, finds out the hard way what really happens when you drink, and that it's not what they tell you on TV commercials. Children learn about lifestyle advertising, the dangers of drinking and driving, and the glamorization of alcohol.

See also under languages other than English.

3. Alcohol: The Inside Story

— prod. 1985

9.25 min/color

PG015 \$9.00 (Teacher's Guide)

Kit	Video only
PVK13	PV107
³ / ₄ in. U-Matic	³ / ₄ in. U-Matic
PVK14 VHS	PV108 VHS
PVK15 Beta	PV109 Beta

More fun with Dr. Cooper and the gang! Ro does it again! After a heavy day, he discovers beer in Dr. Cooper's lab. He has one while he relaxes and watches TV, and then another, and then another... Meanwhile, Dr. Cooper uses X-rays to show the different inside stories of a non-drinker and a heavy drinker. Children learn about the dangers of long-term drinking, and about the alternatives..

See also under languages other than English.

4. Keep Off the Grass

— prod. 1986

9.25 min/color

PG017 \$9.00 (Teacher's Guide)

Kit	Video only
PVK16	PV119
³ / ₄ in. U-Matic	³ / ₄ in. U-Matic
PVK17 VHS	PV120 VHS
PVK18 Beta	PV121 Beta

The continuing adventures of Dr. Cooper and his lab assistants Martha the Mouse and Melvin the Dog. This time, they observe how Mike, the handyman — a heavy marijuana user — unsuccessfully tackles some simple tasks. A trio of singing police officers contribute to the proceedings.

See also under languages other than English.

VID

More from Dr. Cooper and his friends...

Nothing to Sniff At: Inhalants and Their Dangers

— prod. 1986

9.30 min/color

PG023 \$9.00 (Teacher's Guide)

Kit \$100.00	Video only \$90.00
PVK31 ³ / ₄ in.	PV134 ³ / ₄ in.
PVK32 VHS	PV135 VHS
PVK33 Beta	PV136 Beta

Melvin the dog accidentally inhales some fumes in Dr. Cooper's lab and starts to hallucinate, while his friends try to revive him. The program shows the potential harm of everyday household products. The video and the teacher's guide are also available separately. Suitable for children in the 8-to-12-year age range.

VID

Leave It Alone: Dangerous Substances Around the Home

— prod. 1986

9.30 min/color

PG025 \$9.00 (Teacher's Guide)

Kit \$100.00	Video only \$90.00
PVK37 ³ / ₄ in.	PV140 ³ / ₄ in.
PVK38 VHS	PV141 VHS
PVK39 Beta	PV142 Beta

Melvin's little puppy nephews search for colorful candies and drinks for his birthday party. Fortunately Dr. Cooper arrives in time to show them that these "treats" are really pills and cleaning fluids. Children learn how to recognize warning labels on products and the dangers of eating or drinking things they are not sure of. Suitable for children in the 4-to-6-year age range.

All six Dr. Cooper kits are also available in French.

VID

The Score on Cannabis

— prod. 1984

30 min/color

\$375.00 (package)

\$350.00 (video only)

PG007 \$9.00 (Teacher's Guide)

P140 \$0.75 (photo-story)

P069 \$0.50 (button)

P051 \$0.30 (sticker)

Kit	Video only
PVK01	PV070
³ / ₄ in. U-Matic	³ / ₄ in. U-Matic
PVK02 VHS	PV071 VHS
PVK03 Beta	PV071 Beta

Suitable for twelve-to-fifteen-year-olds, this package presents situations that young people can relate to, and it presents the facts about cannabis on motor control, and it tackles the issue of peer pressure head on. The high-school hero doesn't smoke cannabis, but his girlfriend does. She bakes marijuana in some cookies and feeds them to the hero before the big video-game final with disastrous effects on his performance.

VID**Alcohol Roulette**

— prod. 1983

28 min/color \$275.00**PV039** ¾ in. U-Matic**PV040** VHS**PV040** Beta

Using alcohol can be a little like playing a game of chance. Why is it that some people are social drinkers, others are alcoholics, and still others are

abstainers? No one has yet been able to make a definitive statement as to what causes alcoholism, and theorists have, at one time or another, offered many different reasons why some of us lose at the game of 'alcohol roulette'. This program analyses four of the most widely accepted alcoholism models. The moral/religious approach, the disease theory, the socio-cultural model, and the availability theory are all described and placed in the context of their times. Viewers will gain a good background knowledge of the history of alcoholism.

**VID****Me & My Friends & Our Booze**

— prod. 1984

30 min/color**\$375.00** (package)**\$350.00** (video only)**PG009** \$9.00 (Teacher's Guide)**P142** \$0.75 (photo-story)**P070** \$0.50 (button)**P052** \$0.30 (sticker)**Kit****PVK07**

¾ in. U-Matic

PVK08 VHS**PVK09** Beta**Video only****PV072**

¾ in. U-Matic

PV073 VHS**PV073** Beta

Party time, and the gang's all here — booze, rock'n'roll, and good times. Or are they really good? This witty drama, suitable for fifteen-to-seventeen-year-olds, includes an actor portraying various parts of the body as the alcohol begins to take effect. The teenagers learn about the things that they don't tell you in beer commercials, and they get to make their own commercial in which they sing 'It's O.K. to Say NO'.

VID**Play Your Hand**

— prod. 1985

40 min/color \$350.00**PV113** ¾ in. U-Matic**PV114** VHS**PV115** Beta

An employee's personal difficulties can create problems for managers and unions, as well as for the employee. This video shows three troubled employees responding to their problems in different ways. Practical methods of recognizing and managing these situations are demonstrated.

See also under languages other than English.

VID**Fetal Alcohol Syndrome (FAS)**

— prod. 1985

13 min/color \$200.00**PV101** ¾ in. U-Matic**PV102** VHS**PV103** Beta

This program focusses on the life story of Mary Atkins, a Mohawk Indian and a recovering alcoholic who believes that some of her children have been affected by her drinking. It also examines the pattern of birth defects associated with heavy drinking known as FAS. A five-page basic-information supplement is supplied.

VID**A Fighting Chance**

— prod. 1984

22 min/color \$150.00**PV081** 3/4 in. U-Matic**PV082** VHS**PV082** Beta

This is an attractively produced docu-drama, with commentary, in which three employees — a night caretaker, a lab technician, and a junior executive — tell of working with their EAP to solve personal problems. It is suitable for showing to employee groups as well as to decision makers.

VID**Ah! Relief: Responsible Drug Use**

— prod. 1983

28 min/color \$275.00**PV076** 3/4 in. U-Matic**PV077** VHS**PV078** Beta

The modern consumer has come to expect instant relief from common ailments by taking prescription medication. This videotape offers information that can be used to make wise decisions on the purchase and use of these medications. A prescription-drug manufacturer, a pharmacologist, and a non-drug-prescribing therapist each give insights into the relationship that they have with the consumer.

VID**Communication Skills: A Demonstration Tape**

— prod. 1984

15 min/color \$200.00**PV068** 3/4 in. U-Matic**PV069** VHS**PV069** Beta

For addiction counsellors, this interactive training tape is ideal for inservice use. This course has been designed to assist counsellors-in-training to learn techniques of listening and understanding with empathy, as well as clarifying, validating, and directing, the flow of communication. The package includes User's Notes and response recording forms. The videotape is divided into two parts:

- Reflective Skills: attending, paraphrasing, reflection of feeling, summarizing
- Directive Skills: probing, interpretation, confrontation

VID**The Bottom Line: Women and Alcohol**

— prod. 1982

28 min/color \$160.00**PV025** 3/4 in. U-Matic**PV026** VHS**PV026** Beta

Women alcoholics, social drinkers, treatment people, and a researcher candidly describe on camera the problems faced by women in an era of increased opportunity and motivation. This videotape explores some difficulties and survival techniques developed by modern women with respect to alcohol use and abuse. It is for general audiences.

VID**Moderation at All Times**

— prod. 1977

5 min/color \$80.00**PV007** 3/4 in. U-Matic**PV008** VHS**PV008** Beta

This is an animated production demonstrating the connection between overall consumption and alcohol-related damage. It is based on the research of Wolfgang Schmidt and Jan deLint.

VID**Women & Their Use of Mood-Altering Drugs: The Immigrant Experience**

— prod. 1984

16 min/color \$150.00**PV089** 3/4 in. U-Matic**PV090** VHS**PV091** Beta

This tape presents some of the stresses that immigrants, particularly women, may have to face in adjusting to a new society. The program shows some of the short- and long-term effects of using minor tranquilizers as a way of coping. A consumer's approach to medical care is presented stressing the importance of informed consent.

See also under languages other than English.

VID**Caffeine**

— prod. 1981

Winner: Best Videotape of 1981 —
Health Care Public Relations
Association

7 min/color \$110.00PV037 ³/₄ in. U-Matic

PV038 VHS

PV038 Beta

The world's most popular drug is
examined in this prize-winning video.
Just how much is too much?

OTHER TITLES STILL AVAILABLE

VID**Behavioral Management of
Intoxicated and Disruptive
Patients**

— prod. 1979

28 min/color \$135.00

(including 88-p. manual)

PV013 ³/₄ in. U-Matic

PV014 VHS

PV015 Beta

VID**It All Adds Up**

— prod. 1979

12 min/color \$150.00PV019 ³/₄ in. U-Matic

PV020 VHS

PV020 Beta

VID**Measure for Measure: Alcohol
Conversions**

— prod. 1979

23 min/color \$150.00PV017 ³/₄ in. U-Matic

PV018 VHS

PV018 Beta

VID**Tobacco: The Complete Story**

— prod. 1981

30 min/color \$150.00PV033 ³/₄ in. U-Matic

PV034 VHS

PV034 Beta

VID**Stress & Relaxation**

— prod. 1981

26 min/color \$150.00PV031 ³/₄ in. U-Matic

PV032 VHS

PV032 Beta

VID**Gluing It Together**

— prod. 1981

15 min/color \$125.00PV035 ³/₄ in. U-Matic

PV036 VHS

PV036 Beta

VID**Drugs and You**

— prod. 1980

14 min/color \$150.00PV029 ³/₄ in. U-Matic

PV030 VHS

PV030 Beta

languages other than English

FRANÇAIS

Afin de mieux servir la mosaïque culturelle qu'est l'Ontario d'aujourd'hui, la Fondation de la recherche sur la toxicomanie, a fait adapter une bonne partie de son matériel éducatif courant dans d'autres langues que l'anglais. Suit une description des articles disponibles et de leurs modalités de commande.

Brochures

Marijuana: Réponses destinées aux jeunes et aux parents

P1380 (32p.) 0,75 \$

L'usage du cannabis peut-il entraîner un phénomène de dépendance? Quelles sont les sensations associées à l'ivresse cannabique? Tel est le genre de questions que se posent souvent les parents et les jeunes sur cette drogue très répandue. C'est pourquoi les résultats des recherches ont été compilés dans une brochure accessible à tous qui répond à treize des questions posées fréquemment. Elle contient également un test d'évaluation des connaissances ainsi qu'une courte introduction sur le jugement actuel de la société vis-à-vis du cannabis.

Le café, le thé, et moi, et...

P124 0,55 \$

Excellente ressource pour les professionnels de la santé, les enseignants et le public dans son ensemble, cette brochure contient des renseignements sur tous les aspects de la drogue et de son utilisation présentés sous une forme concise et facile à lire. Ce dépliant-affiche relate l'histoire des diverses drogues, décrit leurs usages médicaux et non-médicaux, leurs effets ainsi que les facteurs de dépendance vis-

à-vis de la drogue. La carte murale en quatre couleurs offre un résumé complet des faits connus touchant diverses substances chimiques.

Les mythes sur l'alcool au volant

P1060 (24 p.) 0,75 \$

Cette brochure humoristique, mais très factuelle, présente dix erreurs communes touchant l'alcool et ses effets sur un conducteur d'automobile. Ces erreurs courantes, ou mythes, se présentent sous forme d'affirmations, qui révèlent bien les attitudes d'une partie du public envers l'alcool — attitudes fondées sur des renseignements erronés. Cette brochure a pour but de détruire ces mythes en expliquant les effets de l'alcool sur les facultés mentales et physiques et en incitant le lecteur à réfléchir sur les attitudes et sur les valeurs associées au problème de l'alcool au volant.

Puis-je en prendre si je suis enceinte?

P1260 (8p.) 0,30 \$

Les femmes enceintes, conscientes que la consommation de drogues peut affecter le bébé qu'elles portent, s'inquiètent des effets de certains médicaments vendus sans ordonnance et se posent des questions sur la consommation des drogues d'usage social telles que l'alcool. Ces drogues ont-elles des effets nocifs sur le fœtus? Ce guide de l'utilisation des drogues d'usage social et des médicaments vendus sans ordonnance aidera les futures mères à faire des choix judicieux. Cette brochure constitue une excellente ressource pour les cours de préparation à l'accouchement, les cliniques, les centres d'accueil féminins et les cabinets médicaux.

L'alcool — Qu'en savez-vous?

P103 (16p.) 0,40 \$

Cette petite brochure simple mais instructive contient des renseignements sur les effets de l'alcool sur le corps humain et ceux de la boisson sur le buveur, sa famille et la société. Le texte est illustré à l'aide de dessins humoristiques qui reprennent les grands thèmes de l'information. Cette brochure peut être diffusée au grand public.

Questionnaire sur l'alcool

P1120 (6p.) 0,30 \$

Ce guide qui comporte une série de questions et de réponses détaillées visant à corriger certaines erreurs courantes sur l'alcool, peut servir aussi bien à s'informer qu'à ouvrir une discussion.

Questionnaire sur les drogues

P1130 (6p.) 0,30 \$

Ce sondage-test présente des réponses très détaillées qui détruisent certaines erreurs courantes. Il est tout aussi utile pour s'informer que pour entamer une discussion.

Antabuse & temposil

P116 (4p.) 0,20 \$

Faites le compte

P1220 (4p.) 0,35 \$

Quand la consommation d'alcool devient-elle dangereuse? Cette petite fiche colorée présente de façon succincte et instructive les faits liés à la consommation d'alcool.

La drogue... mon enfant?

P1250 (4p.) 0,20 \$

Les parents éprouvent généralement un mélange de peur, de colère et d'angoisse lorsqu'ils découvrent que leur enfant se drogue. Ce dépliant est conçu pour les aider à faire face à cette situation.

Les femmes et les médicaments prescrits

P1330 (4p.) 0,25 \$

Fiches de renseignements sur les drogues

Pour tout ce qui touche l'alcool et la drogue, les gens veulent connaître "les faits". C'est précisément le but de cette série de treize brochures portant chacune sur une substance liée à des abus. Chaque brochure relate de façon claire, concise et impartiale l'apparition, l'histoire et les effets à court et à long terme de l'utilisation de ces substances. Régulièrement mises à

jour, elles constituent une excellente ressource pour les étudiants comme pour les professionnels de la santé et, à vrai dire, pour tous ceux qui désirent être bien informés.

Renseignements sur les drogues

P300 (57p.) 1,75 \$

Série complète des fiches de renseignements sur les drogues reliées sous la forme d'une brochure d'utilisation pratique.

Boire

P3760 (approx. 46 cm × 66 cm/18 po. × 26 po.) 0,40 \$

Ce dépliant instructif et attirant tient dans une poche, un sac ou l'enveloppe d'un bulletin de salaire lorsqu'il est replié mais il peut aussi être déployé sur un mur ou sur un tableau d'affichage. Il présente douze scènes-avertissements illustrées avec humour et accompagnées d'un texte court indiquant comment obtenir de l'aide ou des renseignements.

	Anglais	Français	Italien	Portugais	
L'alcool	P251	P301	P200	P225	0,05 \$
Les amphétamines	P252	P302	—	—	0,05 \$
Les barbituriques	P253	P303	—	—	0,05 \$
Le cannabis	P254	P304	P201	P226	0,05 \$
Les hallucinogènes	P255	P305	—	—	0,10 \$
Le LSD	P256	P306	—	—	0,05 \$
Les opiacés	P257	P307	—	—	0,05 \$
Le PCP	P258	P308	—	—	0,05 \$
Les drogues à inhaler	P259	P309	—	—	0,05 \$
Le tabac	P260	P310	—	—	0,05 \$
Les tranquillisants	P261	P311	—	—	0,05 \$
La cocaïne	P262	P312	—	—	0,05 \$
La caféine	P263	P313	—	—	0,05 \$

N'oubliez pas les rabais accordés sur les commandes multiples:

20% entre 500 et 999 exemplaires (de chaque titre)

30% pour 1000 exemplaires et plus (de chaque titre)

30% pour les empreintes - commandes minimales de 10 000 exemplaires (par titres)

Livres de la Fondation

Rapport de la Fondation du "Groupe de travail international sur la convention de 1971 sur les substances psychotropes", 8 - 12 septembre 1980

— pub. 1981
— ISBN 0-88868-056-2

P654 (75p.) 4,50 \$

Bien que 113 pays aient ratifié la "Convention unique sur les stupéfiants", 76 seulement ont ratifié la convention sur les substances psychotropes. La Fondation en collaboration avec le C.I.P.A.T. (Conseil international sur les problèmes de l'alcoolisme et des toxicomanies) et l'O.M.S. (Organisation mondiale de la santé) a réuni des experts internationaux pour étudier les problèmes et les solutions relatives à ce traité. Ce rapport est présenté en anglais, en français et en espagnol.

Rapport du Groupe de travail international chargé d'étudier la Convention unique sur les stupéfiants de 1961, 20 - 24 septembre 1982

— pub. 1983
— ISBN 0-88868-077-5

P656 (66 pp.) 4,50 \$

La Fondation, en collaboration avec l'O.M.S. et le C.I.P.A.T., a réuni en septembre 1982 des experts internationaux afin d'étudier la Convention unique de 1961 sur les stupéfiants. En septembre 1982,

soixante-seize pays avaient ratifié cette Convention unique. Après une analyse approfondie des expériences nationales et internationales liées à ces traités, les groupes de travail ont formulé une série de recommandations visant à améliorer les traités internationaux de lutte contre la toxicomanie. Ce rapport a été porté à la connaissance d'autres organismes internationaux et des gouvernements nationaux en février 1983. Le texte de ce rapport est présenté en anglais, en français et en espagnol.

Série d'affiches du P.A.E. (Programme d'assistance aux employés)

PP006 Série de 4 affiches 1,50 \$

Ces affiches en papier glacé imprimées en lettres blanches sur fond uni ont pour but de faire connaître les programmes du P.A.E. et d'encourager le public à participer.

Vous sentir bien de nouveau

P.A.E.: C'est bon de savoir que le programme est là quand vous en avez besoin

Si ça ne regarde personne d'autre que vous... faites-nous confiance, cela restera entre nous.

C'est difficile de venir travailler le matin après s'être inquiété toute la nuit

Enregistrements

Accès-aux-faits

PA999 Série de 55 328,00 \$

(9,00 \$ la pièce/8,00 \$ la pièce pour les commandes de six ou plus)

Transcriptions 1,00 \$ la pièce
(payable d'avance)

En novembre 1983, la Fondation introduisait un nouveau concept dans le domaine de l'éducation touchant l'alcool et la drogue : Accès-aux-faits. Cette série de messages téléphoniques enregistrés d'une durée de quatre à six minutes chacun permettait aux citoyens de l'Ontario de téléphoner aussi souvent qu'ils le désiraient, de leur foyer ou de leur bureau, pour obtenir des renseignements sur divers sujets. Ce service obtint un succès retentissant et dut, à la demande générale, être étendu. 'Accès-aux-faits' répond de façon lucide et factuelle aux questions pratiques et quotidiennes que l'on se pose sur l'alcool et sur la drogue. C'est un outil précieux pour les parents, les élèves et tous ceux que préoccupe la consommation de drogue et d'alcool.

L'alcool

Les faits sur l'alcool : la nature de l'alcool et ses effets

PA530 (#101)

Les faits sur l'alcool : les caractéristiques de l'alcoolisme

PA533 (#104)

Les drogues

La cocaïne

PA600 (#201)

Le cannabis (marijuana et haschich); sa nature et ses effets

PA602 (#203)

Le cannabis (marijuana et haschich); les effets de l'usage à long terme

PA603 (#204)

Trop de caféine? sa nature et ses effets

PA608 (#209)

Trop de caféine? Les effets à long terme

PA609 (#210)

LSD: sa nature et ses effets

PA612

Problèmes liés à l'alcool et à la drogue dans la société

Je crains que mon enfant se drogue : quelques indices révélateurs

PA701 (#302)

Sexe, cannabis et alcool

PA703 (#304)

À remarquer: Nouveaux enregistrements d'Accès-aux-faits.

Tous les enregistrements d'Accès-aux-faits (voir pages 26-29 pour la liste) sont maintenant disponibles en français.

Vidéos

Une chance de s'en tirer

— prod. en 1984

22 mn/couleur 150,00 \$

PV 083 3/4 po. U-Matic

PV 084 VHS & Beta

Ce docudrame attrayant, accompagné d'un commentaire, met en scène trois employés — un gardien de nuit, un technicien de laboratoire et un jeune cadre — qui, ayant à résoudre un problème personnel, font appel à leur programme d'aide aux employés. Destiné aux groupes d'employés et aux décideurs.

Jouer la bonne carte

40 mn/couleur 350,00 \$

PV 116 3/4 po. U-Matic

PV 117 VHS

PV 118 Beta

Les problèmes personnels d'un employé créent autant de difficultés à ses supérieurs et aux syndicats qu'à lui-même. Cette bande magnétoscopique présente trois employés qui attaquent leurs problèmes de différentes façons et propose des moyens pratiques pour identifier ces situations et y faire face.

Programmes vidéos

Série du Docteur Bernard

100,00 \$ (trousse)

90,00 \$ (vidéo seulement)

Le Dr Bernard est un chercheur scientifique qui, aidé de ses assistants de laboratoire, la souris Marthe et le chien Louis, se livre à de nombreuses expériences intéressantes et découvre comment différentes substances

affectent le corps humain. Plusieurs autres personnages prennent part à l'action : Ro, le robot espiègle, Ned et Fred, les deux ivrognes et la très digne tante Manda. Ces spectacles de marionnettes, testés dans le milieu scolaire, traitent des sujets tels que le tabac, l'alcool (ses effets à long et à court terme), la marijuana, et aussi s'ajouteront prochainement les drogues à inhaler et les dangers des produits domestiques pour les enfants de six à neuf ans. La trousse est présentée dans un étui en vinyle avec fermeture éclair contenant une bande magnétoscopique, un guide pour l'enseignant et une affiche aux couleurs vives annonçant les sujets 'à paraître'. Ces vidéos ont l'avantage d'instruire en amusant.

1. Écrase

— prod. en 1984

9.25 mn/couleur

PG008 9,00 \$ (guide de l'enseignant)

Trousse

Vidéo seulement

PVK22

PV125

3/4 po. U-Matic

3/4 po. U-Matic

PVK23 VHS

PV126 VHS

PVK24 Beta

PV127 Beta

Cette émission éducative, à la fois entraînante et divertissante, traite des effets du tabac. La musique, les couleurs et un dialogue animé retiennent l'attention de l'enfant pendant qu'il aborde les problèmes reliés à sujet. Comme il est indiqué ci-dessus, cette trousse se présente sous trois formes.

2. Ferme tes oreilles à la bouteille

— prod. en 1985

9.25 mn/couleur

PG021 9,00 \$ (guide de l'enseignant)

Trousse

Vidéo seulement

PVK25

PV128

3/4 po. U-Matic

3/4 po. U-Matic

PVK26 VHS

PV129 VHS

PVK27 Beta

PV130 Beta

Au laboratoire, le Dr Bernard et sa bande analysent les effets de l'alcool. Le pauvre Ro, le robot, apprend à ses dépens ce qui se passe quand on boit, quoi qu'en disent les messages publicitaires de la télévision. Les enfants apprennent à reconnaître les publicités qui glorifient certains styles de vie et se familiarisent avec les dangers de l'alcool au volant et avec l'idéalisation de l'alcool.

3. Vue de l'intérieur

— prod. en 1985

9.25 mn/couleur

PG022 9,00 \$ (guide de l'enseignant)

Trousse

Vidéo seulement

PVK28

PV131

3/4 po. U-Matic

3/4 po. U-Matic

PVK29 VHS

PV132 VHS

PVK30 Beta

PV133 Beta

Revoilà le Dr Bernard et sa bande! Ro fait encore des siennes! Après une journée difficile il découvre de la bière dans le laboratoire du docteur. Il en boit une pour se détendre en regardant la télévision, puis une seconde, et puis une autre... Pendant ce temps le Dr Bernard montre, à l'aide de rayons X, les 'vues de l'intérieur' d'un gros buveur et d'un non-buveur. Les enfants découvrent ainsi les dangers à long terme de l'alcool et les autres solutions.

4. Pas de pot, mon pote

— prod. en 1986

9.25 mn/couleur

PG018 9,00 \$ (guide de l'enseignant)

Trousse	Vidéo seulement
PVK19	PV122
3/4 po. U-Matic	3/4 po. U-Matic
PVK20 VHS	PV123 VHS
PVK21 Beta	PV124 Beta

Suite des aventures du Dr Bernard et de ses assistants de laboratoire : la souris Marthe et le chien Louis. Cette fois-ci ils observent comment Gilles, l'homme-à-tout-faire — gros utilisateur de marijuana — a du mal à accomplir des tâches toutes simples. Un trio d'agents de police accompagne l'action de ces chants.

Modalités de commande

Remplir le bulletin de commande de la page A8. Si celui-ci a déjà été utilisé, envoyez-nous une lettre ou un bon de commande indiquant la quantité ainsi que les titres complets des articles que vous souhaitez recevoir. Adressez votre commande à : Les Services du Marketing, Dept. CAT 88, La Fondation de la recherche sur la toxicomanie (Addiction Research Foundation), 33, rue Russell, Toronto (Ontario), M5S 2S1 ou téléphonez à frais virés au (416) 595-6059. N'oubliez pas de mentionner le numéro de code lorsque vous commandez les articles inclus dans ce catalogue.

NOUVEAUTÉS

Les nouveaux articles suivants sont disponibles en français. Pour une description complète, voir la liste en anglais.

Pas de quoi renifler video (p.31)

N'y touche pas video (p.31)

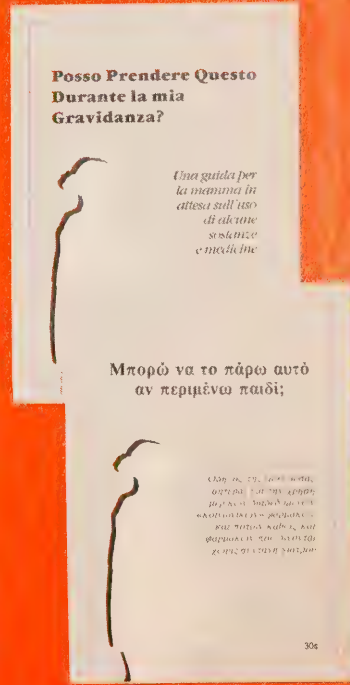
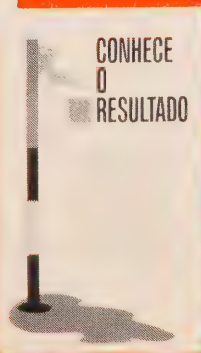
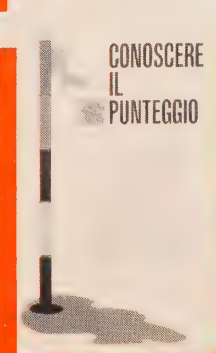
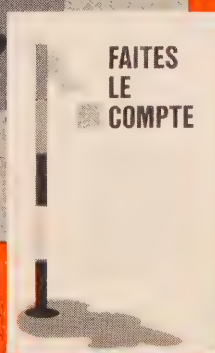
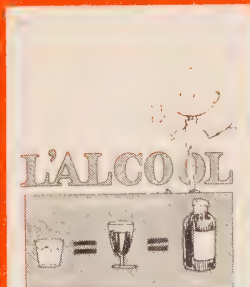
À vous de choisir video (p.A1)

Cannabis et vous video (p.A1)

Guide de formation des conseillers en toxicomanie (Guide du participant et Guide du moniteur) (p.A4)

Prévention dans le domaine des drogues (Guide du moniteur et Monographies 1, 2, et 3) (p.A4)

Liste des occasions de consommation d'alcool (LOCA) 100 et LOCA-42 (p.A3)



ESPAÑOL

A fin de atender mejor al variado mosaico cultural que caracteriza a Ontario, la ARF (Fundación para la Investigación sobre Alcoholismo y Toxicomanía) ha estado desarrollando muchos de sus materiales educativos populares en otros idiomas además de inglés. A continuación se describen los productos disponibles y el procedimiento para efectuar los pedidos.

Folleto

El café, el té, y yo, y...

P1240 \$0.55

Este es un excelente recurso para los profesionales de la salud, educadores, y el público en general. A través de un formato conciso y entretenido, se presenta información sobre todos los aspectos de las drogas y su uso. Este folleto tipo afiche, describe la historia de diversas drogas, los aspectos médicos y no médicos del uso de las drogas, los efectos que causan y como se producen tales efectos y se explican los factores que contribuyen a la dependencia de las drogas. Este afiche mural en cuatro colores es ideal para exhibición y proporciona un resumen detallado de los datos conocidos referentes a una variedad de sustancias químicas.

Libros de la ARF

ARF/Informe del "Grupo de trabajo internacional sobre el convenio sobre sustancias sicotrópicas, 1971", 8 - 12 de septiembre de 1980

— pub. 1981
— ISBN 0-88868-056-2

P654 (75 págs.) \$4.50

Aún cuando 113 naciones han ratificado el 'Convenio Unico sobre Estupefacientes', solamente 76 países han ratificado el 'Convenio sobre Sustancias Psicoactivas'. La ARF, conjuntamente con el ICAA (Consejo Internacional sobre Alcoholismo y Toxicomanía) y la O.M.S. (Organización Mundial de la Salud) convocaron a una reunión de expertos internacionales con el objeto de examinar los temas, los problemas y las posibles soluciones. Este informe es el resultado de dicha reunión. El material está disponible en inglés, francés y español.

ARF/Informe del Grupo internacional de trabajo referente a la convención única de 1961 sobre estupefacientes, 20 al 24 de septiembre de 1982

— pub. 1983
— ISBN 0-88868-077-5

P656 (66 págs.) \$4.50

La ARF, en asociación con la O.M.S. y el Consejo Internacional sobre Alcoholismo y Toxicomanía, convocó a una reunión de expertos internacionales en septiembre de 1982 con el objeto de estudiar el Convenio Unico sobre Estupefacientes de 1961. En septiembre de 1982, setenta y seis países habían ratificado el Convenio Unico. Después de examinar en forma amplia y cuidadosa las experiencias nacionales e internacionales con los tratados, los participantes formularon una serie de recomendaciones destinadas a mejorar los tratados internacionales sobre el control de las drogas. Este informe fue presentado a otras organizaciones internacionales y a gobiernos nacionales en febrero de 1983. El material está disponible en inglés, francés y español.

Videos

La mujer y el uso de medicamentos que modifican el estado de amino: La experiencia de la mujer inmigrante

— prod. 1984
16 min/color \$150.00

PV092 3/4 pulg. U-Matic
PV093 VHS
PV094 Beta

Esta cinta presenta algunas de las tensiones y ansiedades que deben enfrentar los inmigrantes, particularmente las mujeres, al adaptarse a una nueva sociedad. El programa muestra algunos de los efectos a corto y a largo plazo producidos por el uso de tranquilizantes suaves para superar tales situaciones. Se presenta un enfoque al cuidado médico del consumidor dando énfasis a cuán importante es el consentimiento autorizado.

— Ver también bajo otros idiomas además de inglés.

Como hacer los pedidos

Complete los formularios de pedido que se encuentran en las páginas... y... Si éstos ya han sido utilizados, envíenos una carta o una orden de compra indicando la cantidad y el título completo de los artículos que desea comprar. Envíe su pedido a: Marketing Services, Dept. CAT 86, Addiction Research Foundation, 33 Russell Street Toronto, Canada, M5S 2S1 o llame con cobro revertido al (416) 595-6059. Indique siempre el número del Departamento al hacer pedidos de este catálogo.

ITALIANO

Per meglio servire i diversi gruppi culturali che oggi risiedono in Ontario, l'ARF ha preparato diversi opuscoli e altro materiale educativo in altre lingue oltre che in inglese. Segue una breve descrizione dei prodotti disponibili e della procedura da seguire per ordinarli.

Opuscoli

Marijuana: Risposte ai giovani ed ai genitori

P1381 (32 pagine) \$0,75

‘La cannabis crea assuefazione e dipendenza?’

‘Cosa si prova quando si usa la cannabis?’

Queste sono solo due delle domande che vengono chieste normalmente dai giovani e dai genitori su questa popolarissima droga. Per rispondere la ARF ha valutato attentamente tutto quanto è stato scoperto in questo campo ed ha prodotto questo ottimo opuscolo che risponde a tredici delle domande che vengono comunemente fatte.

L'opuscolo comprende inoltre un breve quiz per valutare le vostre cognizioni in tal campo e una corta introduzione per presentare il modo in cui la società moderna fa fronte a questa droga.

Caffè, tè e me e...

P1241 \$0,55

Questo è un ottimo opuscolo in grado di aiutare sanitari, educatori ed il pubblico in generale. In un formato conciso e facilmente leggibile vengono presentate le informazioni che toccano tutti i punti concernenti le varie droghe ed il loro uso. Questo opuscolo, formato manifesto, presenta la storia delle varie droghe e gli aspetti sanitari e non-sanitari del loro uso, gli effetti a breve e a lunga scadenza di tali droghe ed il modo in cui tali effetti vengono prodotti e discute infine i fattori che contribuiscono alla assuefazione ed alla dipendenza.

Il bel opuscolo in quattro colori è un manifesto ideale ed offre un quadro dettagliato di tutto quanto si conosce su numerose sostanze chimiche.

Miti sul bere e sulla guida

P1061 (24 pagine) \$0,75

In chiave umoristica — ma andando diritto allo scopo — questo opuscolo presenta dieci miti che circondano il bere ed il modo in cui l'alcool può influire sulla guida di chi ha bevuto. Questi miti o errori sono presentati in forma di dichiarazioni che riflettono l'errata attitudine di troppe persone verso l'alcool — attitudine che spesso si basa su informazioni sbagliate. Scopo di questo opuscolo è distruggere tali miti, non solo spiegando come l'alcool influisce sulle nostre capacità, ma anche incoraggiando a riesaminare il nostro atteggiamento e l'aspetto morale del bere e guidare.

Posso prendere questo durante la mia gravidanza?

P1261 (8 pagine) \$0,30

Le donne incinte, consapevoli del fatto che le medicine possono influire sul bambino che portano in seno, sono preoccupate per gli effetti dei medicinali che si possono acquistare senza ricetta della ricetta del dottore e delle altre droghe sociali come alcool e tabacco. Possono tali droghe danneggiare il nascituro? Questo opuscolo sull'uso delle droghe sociali e dei medicinali durante la gravidanza può aiutare la donna incinta a fare la propria scelta conoscendo come stanno le cose. L'opuscolo è particolarmente indicato per corsi per madri in attesa, per cliniche, per centri assistenziali e per gli studi dei dottori.

L'Alcool — Ne sapete abbastanza?

P104 (16 pagine) \$0,40

Questo semplice opuscolo quanto mai educativo presenta tutti i fatti sugli effetti dell'alcool sul corpo e sulle facoltà psichiche di chi beve, sulla famiglia e sulla comunità. Disegni umoristici accompagnano il testo, con ogni illustrazione che chiaramente sottolinea il punto presentato. L'opuscolo è ideale per essere divulgato su vasta scala.

Conoscere il punteggio

P1221 (4 pagine) \$0,35

Quand'è che l'alcool può causare effetti disastrosi? Questo attraente piccolo opuscolo presenta in forma semplice e chiara i fatti concernenti il consumo delle bevande alcoliche in modo conciso e inequivocabile.

Donne e medicinali

P1332 (4 pagine) \$0,25

Fatti concernenti l'alcool

P200 \$0,05

Fatti sulla cannabis

P201 \$0,05

Videonastri

La donna e l'uso di droghe per cambiare umori instabili: Cio a cui va incontro l'emigrante.

— prod. 1984
16 minuti/a colori \$150,00.

PV095 3/4 in. U-Matic
PV096 VHS
PV097 Beta

Questo documentario presenta le difficoltà che gli immigranti, particolarmente le donne, potrebbero incontrare per inserirsi in un nuovo ambiente. Il film presenta alcuni degli effetti a breve e a lunga scadenza causati dal prendere tranquillanti leggeri per far fronte alla situazione. I suggerimenti della medicina vengono esaminati dal punto di vista del paziente, facendo presente quanto è importante sapere esattamente a cosa si va incontro prima di acconsentire a prendere una medicina.

Per fare l'ordine

Completare l'apposito modulo che si trova alla pagina e . Qualora si siano già usati tali moduli inviateci la vostra lettera o il vostro ordine indicando il titolo completo dell'articolo che volete acquistare e la quantità richiesta. Inviare il vostro ordine a: Marketing Services, Dept. CAT 86, Addiction Research Foundation, 33 Russell Street, Toronto, Canada, M5S 2S1 o telefonate addebitando la chiamata a (416) 595-6059. Quando fate il vostro ordine per il materiale elencato in questo catalogo indicate sempre l'apposito numero.

PORTUGUÊS

Com o intuito de melhor servir o variado mosaico cultural que é o Ontário de hoje, a ARF (Fundação para a Investigação do Viciamento) tem vindo a elaborar muitos dos seus materiais educativos de grande popularidade em línguas outras que o inglês.

Junto segue a descrição desses materiais assim como a maneira de os encomendar.

Panfletos

Marijuana: Respostas a jovens e pais

P1382 (32 pág.) \$0,75

“A marijuana vicia?”

“O que é que se sente quando se fuma marijuana?”

Estas sao apenas duas das perguntas que tanto pais como jovens frequentemente fazem sobre esta droga tao conhecida. Para tentar respondê-las, a ARF passou cuidadosamente em revista os resultados da investigacao sobre a marijuana (cannabis) e elaborou este panfleto acessível com respostas a treze das perguntas mais frequentes. Inclui também um curto teste sobre os conhecimentos do leitor, assim como uma curta introdução sobre a maneira como a nossa sociedade actualmente encara a cannabis.

Café, chá, e eu, e...

P1242 \$0.55

Trata-se de um excelente documento para pessoal médico, educadores e o público em geral. Nele se apresenta informação sobre as drogas e seu consumo em formato conciso e acessível.

Este panfleto-cartaz descreve em linhas gerais a história de várias drogas, os aspectos médicos e outros sobre a utilização de drogas; os efeitos das drogas e como elas são produzidas; uma análise dos factores que contribuem para a dependência nas drogas. O cartaz a quatro cores é ideal para expor, dando ao mesmo tempo um sumário detalhado dos factos conhecidos sobre uma grande variedade de substâncias químicas.

Mitos acerca do beber e do conduzir

P1062 (24 pág.) \$0.75

Escrito com humor mas sem desviar nunca do assunto em questão, este folheto enumera dez conceitos errados mas muito divulgados sobre o álcool e a maneira como afecta a capacidade de conduzir um veículo. Estes conceitos errados ou mitos, são apresentados sob a forma de declarações que reflectem as atitudes que muitas pessoas têm sobre o álcool — atitudes essas que são frequentemente baseadas sobre informações falsas. O objectivo deste panfleto é de desfazer estes mitos, explicando não só como o álcool afecta as capacidades, mas encorajando também uma reflexão sobre as atitudes e os valores associados com o consumo de bebidas alcoólicas e a condução de veículos.

Alcool — Você sabe o suficiente acerca do álcool?

P105 (16 pág.) \$0.40

Este panfleto simples mas informativo, contém dados sobre a grande variedade de efeitos que o álcool tem sobre o organismo e a maneira como os hábitos de consumo de álcool afectam o indivíduo, a família e a sociedade em geral. O texto é ilustrado com desenhos divertidos que chamam atenção do leitor de forma inteligente para os pontos principais da análise. Este panfleto é ideal para distribuição geral.

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ARF	Addiction Research Foundation Bo
AUD	Audiotape
B	Bibliography
BS	Bookstore Item
G	Guide or Manual
J	Journal-related Publication
P	Pamphlet
PN	Poster and Novelty
PP	Proceedings Publication
R	Report or Review
VID	Videotape
WP	Working Paper

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